

THE FUTURE OF COUNSELLING REPORT

CAREER PROSPECTS AND TRENDS

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WOULD YOU LIKE TO MAKE A DIFFERENCE?

Counsellors make a positive difference in the lives of others.

Empathic and caring, they have a strong desire to help people who are struggling to cope by empowering them to find solutions to their emotional, psychological, and lifestyle concerns including relationship issues, stress, anxiety, depression, addiction, abuse, trauma and self-esteem difficulties (*Better Health, 2017*).

Counsellors help clients explore and address their concerns through therapies that amend thinking, change behaviour, express emotions, enhance relationships, and raise awareness of unconscious mental processes. Therapies typically include talk with individuals, but may also include artistic expression, may work with couples or small groups, and may be delivered in person or online.

Those studying counselling often have maturity and life experience; they are 'good listeners' who people turn to for support and understanding. Through their studies, counsellors develop transferrable skills to improve their lives and relationships and connect more meaningfully with their families, friends and loved ones.

CORE SKILLS AND VALUES OF COUNSELLORS

Empathy

The capacity to understand or relate to what someone is experiencing from within their frame of reference.

Verbal and Non-Verbal Communication Skills

Active listening, observing, reflecting, acknowledgement and ensuring the use of the appropriate tone, rhythm and volume of voice are particularly important communication skills.

Sensitive to Diversity

Ability to sensitively adapt treatment to the needs and vulnerabilities of clients; and offer non-discriminatory treatment for all clients irrespective of their age, sex, race, religion, ability, class, personality, or any other social or personal characteristic.

Ethical Practice

An awareness of, and sensitivity to, ethics and ethical standards on interpersonal and social levels, and within a field of study and/or profession. To demonstrate integrity on social, cultural, and environmental issues (ACAP, 2017).

Teamwork

The ability to form professional working relationships with colleagues from other disciplines and to facilitate specialist interventions and onwards referrals where appropriate (ACA, 2016).

Mental and Emotional Effort

The ability to sustain total concentration in unpredictable work environments, to work with distressed individuals and within difficult and varied circumstances ranging from bereavement and loss to violence, addiction, rape and other responses to crisis (ACA, 2016).

Maturity

People who possess self-awareness, self-control, accountability and open-mindedness make good counsellors. Resilience, patience and tactful honesty are also qualities of effective counsellors.

Professional Accreditation

Counselling graduates may be eligible for membership with the Australian Counselling Association (ACA), and the Psychotherapy and Counselling Federation of Australia (PACFA), depending on courses completed. Graduates who become a member of ACA or PACFA at a designated level are able to apply to be included on the approved practitioner list with the Australian Register of Counsellors and Psychotherapists.

JOB PROSPECTS

Main industries

Health Care and Social Assistance	44.2%
Education and Training	33.4%
Public Administration and Safety	11.1%
Other Industries	7.3%

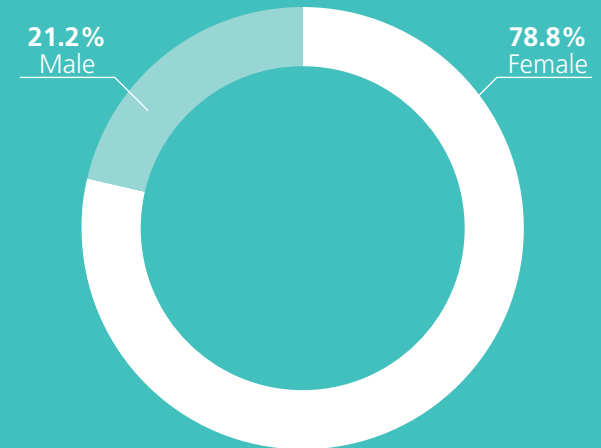
(Job Outlook, 2017)

\$1,330

Average salary per week

(Job Outlook, 2017)

Counsellors by numbers



(Job Outlook, 2017)

Employment numbers

46 years

average age of counsellors

5 in 10 workers are aged 45 years and older

(Job Outlook, 2017)



(Job Outlook, 2017)

“Over the past five years the number of counselling jobs has grown strongly and very strong growth is expected in the future.”

(Job Outlook, 2017)

FUTURE TRENDS IN COUNSELLING

Suicide prevention

In Australia, suicide is the leading cause of death for males and females aged between 15 and 44 years. In a typical year, about 3,000 people in Australia die by suicide - eight people every day (*Lifeline, 2017*).

Targeted suicide prevention strategies will focus on systematic, planned and integrated methodology. Additional support will be provided to people who have self-harmed or experienced suicide ideation, with follow-up support aimed at reducing the incidences of suicide among at-risk populations (*ACA, 2016*).

Aboriginal and Torres Strait Islander peoples

Aboriginal and Torres Strait Islander people are nearly three times more likely to be psychologically distressed than other Australians and twice as likely to die by suicide (*Beyond Blue, 2017*).

There is a need to provide Aboriginal and Torres Strait Islander people with culturally appropriate and safe mental health services (*ACA, 2016*).

Youth

Nearly 1 in 4 Australian teenagers meet the criteria for having a “probable serious mental illness”, according to a joint report from Mission Australia and the Black Dog Institute (*ABC, 2017*).

Future services will provide a single integrated end-to-end-school-based mental health program for children at risk of mental illness, with networked supported pathways to relevant and timely support services (*ACA, 2016*).

Older adults

Australia’s ageing population will need support, with depression 3 to 4 times more common in people with dementia compared to older people without dementia (*Beyond Blue, 2017*).

Future programs will ensure older people receive support for presenting and emerging mental health issues, which may result from persistent or reoccurring mental illness, a recent injury, illness, bereavement, or as a result of dementia or other degenerative neurological conditions (*ACA, 2017*).

Other areas of demand

- Mental health conditions
- Anxiety
- Depression
- LGBTIQ
- Working with men
- Multicultural communities
- Perinatal depression and anxiety
- Working with women

(*Beyond Blue, 2017*)

WHAT IS THE DIFFERENCE BETWEEN A COUNSELLOR AND A PSYCHOLOGIST?

	What is the difference?	Career options	Job prospects
Psychologists	<ul style="list-style-type: none"> Studies a broad range of areas associated with human behaviour. Administers psychological testing and reporting. May provide counselling and/or psychotherapy. Registered with the Australian Health Practitioner Regulation Agency. 	Clinical Psychologist Educational and Development Psychologist Counselling Psychologist Sport and Exercise Psychologist Organisational Psychologist <i>(APC, 2017)</i>	Average salary \$1,934 per week Job forecast Grow Moderately Subsidies Medicare, Private Health Insurance, NDIS Skill level Bachelor Degree or Higher Length of study 4 years undergraduate plus 2 years' postgraduate <i>(Job Outlook, 2017)</i>
Counsellors	<ul style="list-style-type: none"> Studies more specifically focus on therapeutic and relational processes. Specialises in counselling and/or psychotherapy. Registered with the Australian Register of Counsellors and Psychotherapists. 	Careers Counsellor or Advisor Drug and Alcohol Counsellor Family and Marriage Counsellor Rehabilitation Counsellor Gambling, Grief or Trauma Counsellor <i>(Job Outlook, 2017)</i>	Average salary \$1,330 per week Job forecast Grow Very Strongly Subsidies Private Health Insurance, NDIS Skill level Bachelor Degree or Higher Length of study 3 years undergraduate or 2 years' postgraduate <i>(Job Outlook, 2017)</i>

While key differences have been listed above, there are many similarities between counsellors and psychologists. Counsellors and psychologists who practice counselling draw from the same treatment models and theories. They share the same textbooks and research as it relates to counselling. A key difference is that they are different occupations, have different professional identities, associations, and educational pathways.

Job Forecast is the likely change in the number of jobs over the next 5 years, based on the Department of Employment projections.

REFERENCES AND FURTHER READING

List of References

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