

APA SCHOLARSHIP FOR MENTAL HEALTH ACCADEMY COUNSELLING COURSE

For prospective members of the APA an Associate Membership has been implemented for those applicants who have gained the FAA Diploma, or equivalent, and now wish to work towards membership of the APA. Applicants may still need to complete the 38 hours counselling theory and/or the 25 hours supervision requirements. The APA allows a 12 month Associate Membership for candidates to gain these necessary qualifications. This time limit may be extended if circumstances arise.

As an example of an independent training program the APA has endorsed Mental Health Academy, a recognised online training program. Prospective APA members wishing to gain the required counselling hours now have available to them a program that includes 38 hours of APA stipulated units, this includes 32 hours of units and 6 hours of video. Due to the online nature of this counselling program it is deemed necessary for the additional hours to aid in gaining practical insight and in fine tuning the needed skills, by watching counselling professionals apply counselling therapies in a live environment. All 38 hours need to be successfully completed.

In line with the APA's objective in providing financial support to members and the astrological community through its Sponsorships/Scholarships and Grant it was passed at the 2018 APA AGM that a scholarship of \$349 (current cost 2019) be offered for a 12 month Premium Membership enrolment at the Mental Health Academy for the purpose of fulfilling those counselling requirements. With this Scholarship priority will be given to those who have received the FAA Diploma or equivalent and have become an APA Associate Member wishing to work towards full Professional Membership.

APA COUNSELLING SCHOLARSHIP REQUIREMENTS

The APA will provide a scholarship for a 12 month Premium Membership of the MHA to an Associate Member wishing to fulfil the Counselling requirements for professional membership. Where the successful candidate has already paid, the fees will be reimbursed. As the MHA is a self-directed learning program it is strongly recommended that supervision is concurrent with the counselling.

To be eligible for this scholarship the applicant must meet the following criteria:

Applications close 30th September each year

- Be a current member of the FAA and an Australian resident.
- Has been awarded the FAA Diploma
- Is currently an APA Associate Member and is planning to become an APA Member upon completion of the required counselling and supervision requirements necessary to become an accredited professional astrologer. Or
- Be able to provide a written application sent by email to APA Secretary and President stating the reasons how / why the scholarship would assist them. This may or may not be due to financial hardship.
- **Applicant must be willing to provide feedback on completion of the MHA course and to have it published in the APA Journal.**
- It is highly recommended that Supervision be concurrent with the MHA training as issues may be raised during the online course which may be brought up for discussed.
- Provide details of Supervisor as well as commencement date and expected completion.

- It is understood that should the recipient not successfully complete the required program in the required time frame, the scholarship monies will be refunded to the APA. Exceptional circumstances may be considered.
- Unsuccessful applicants may reapply the following year.
- Applications should include all the applicants contact details.

Application Selection Process

- Applicants will be chosen on the merit of their written submission and the information provided.
- If a number of applicants meet all the criteria and show equal merit a lottery will be held to choose the winner (s).
- The Committee reserves the right to not award any scholarship,
- Preference given to applicants who have commenced supervision
- Scholarship recipients will be informed by a member of the Selection Committee who is also on the APA Executive.
- Unsuccessful applicants will be notified by the Executive Member on the Selection Committee by official email.
- All applicants will be notified within 3 weeks from application closing date.
- The Selection Committee's decision will be final and no appeals will be held.

Guidelines for Candidates

These guidelines are not set procedures as the committee has no desire to restrict or lead applicants with set formulas or regulations, but rather wishes to respond on the merits of each application.

Candidates are expected to meet the following criteria and include the relevant information in their application.

1. Personal contact details: name, address, email address, phone
2. Length of membership of the FAA
3. Details of when received FAA Diploma (enclose copy) - name [s] of teachers [past and present],
4. Details of APA Associate Membership
5. Details of how the supervision requirements will be fulfilled or if currently undertaking supervision provide details.
6. How they intend to use their qualifications.
7. Details of any financial hardship [not essential]
8. Details of any previous applications for this scholarship with information about the year of application

Applicants may also include references from past / present teachers to support their application [highly recommended].

MHA UNITS REQUIRED to fulfill APA counselling criteria when applying for membership which include 32 hours of Units plus mandatory 6 hours of video. After completion of these 38 hours there is also an additional 15 hours of units that come Highly Recommended but are not compulsory, should time permit.

Units required include – 32 hours of units and 6 hours of video

Contents

Units required Include

1. Counselling Micro Skills –Introduction (related courses 2,7) **1 hour**
2. Person Centred Therapy – the basics – Introductory **3 hours**
3. Transference and Projection –Specialised - **2 hours**
- 4a. Principles of Psychosynthesis - Introduction (related courses 4b,4d,5a) **2 hours**
- 4b. Working with Sub personalities - Specialised – **2 hours**
- 4c. Understanding Will –Introduction **2 hours** -
- 4d. Working with Will in the Therapy Room - Specialised (related courses 4a,4b,5a) - **2 hours**
- 5a A Constructive-developmental Approach in Therapy - Specialised (related courses 4a, 4b,4d) - **2 hours**
- 5b. Constructive Development Approach Case Studies - Specialised -**3 hours**
6. Acceptance and Commitment Therapy- Specialised - **3 hours**
7. Cognitive Behavioral Therapy- the basics Introductory (related courses 2,)
- 8a. Sitting with Shadow- Specialised - **3 hours**
- 8b. Client, Meet your Shadow- Case study - **2 hours**
- 8c. Working with Shadow -Case studies (related courses 8a,b,)- **2 hours**

VIDEOS = 6 HOURS INCLUDE

1. On Being Effective, Empowering, and A Compassionate Therapist - 1 hour
2. Cultivating Client Strengths in Career Counselling -1 hour
3. Spirituality and Counselling: Integration, Inspiration, and Insights -1 hour
4. Creating Sustaining Counselling Conversations in the Face of Grief -1 hour
5. The Aging Brain -1 hour
6. Your Supervision Question -1 hour

AFTER COMPLETION OF THE ABOVE 38 HOURS OF UNITS/VIDEOS IT IS ALSO HIGHLY RECOMMENDED (but not compulsory) TO COMPLETE THE FOLLOWING 15 hours

- 1a Solution Based Therapy- the basics – Introductory -**3 hours**
- 1b Couple Counselling: Models and Intervention (Solution Focused) Introductory -**2**
1. Positive Psychology: the basics – Introductory- **3 hours**
2. Educating Clients about Mental Wellness – Introductory - **3 hours**
3. Educating Clients about Physical Wellness – Introduction – **2 hours**
4. Motivational Interviewing – the basics – **2 hours**

More details of each course can be accessed from the Mental Health Academy website www.mentalhealthacademy.com.au. Occasionally the MHA eliminates units/videos. The APA endeavours to make the necessary adjustments however should you find a recommended unit/video has been deleted please notify the APA President.

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