



Free Course Counselling

It makes sense to talk to an experienced professional when it comes to making study choices. It makes even more sense when it's **FREE!** Contact us today to talk to a professional in your area of interest.

Student Profile

Jo Nicholl-Hanns Learning Counselling by Distance Education

From the perspective of (proudly) being a Mum for the last 17 years, it was a little daunting for Jo to get back into study again.

After a varied career (which included positions such as entrepreneur, manager, employee in the skin care and beauty realm, and kitchen and bathroom designer), Jo worked at a small 'hobby' business back in 2002 (when she was 42), which dealt with living wills and demise practices. While doing this, she found herself providing more of a service in grief counselling and life coaching! Thus, it wasn't long before she believed there was a need to acquire further insight, industry knowledge and qualifications to specialise more in the counselling field. Having undertaken further study, she found that time was a limited resource (having two teenaged sons, and elderly parents to care for). Working within these time constraints was the main reason that initially influenced her to choose study via distance education. She has also found the reasonable cost, less time pressure and an experienced teacher (being Tracey Jones) that ACS provided have all been huge bonuses.

Today Jo still operates Here to Hear Healing Pty. Ltd. with her husband Jon - who is also an ACS student - and now does it with added confidence!

Tutor Profile

Tracey Jones is an experienced and qualified tutor, offering tutoring in all aspects of psychology and counselling. She has worked within the fields of social work, psychology and counselling for many years and is able to use the benefit of her experience to the advantage of all students in psychology and counselling.



Diploma in Psychology and Counselling

RECOGNISED BY THE AUSTRALIAN COUNSELLING ASSOCIATION. 15 modules, 1500 hrs
Complete all studies anywhere, and at your own pace. Electives allow development of specialist skills not offered elsewhere. Are you interested in becoming a counsellor?

ACA is Australia's leading industry body, and this course provides a pathway to full ACA membership and the skills to commence a rewarding and credible career.

Courses Offered

Psychology

Introduction to Psychology
Psychology & Counselling
Industrial Psychology
Child Psychology
Educational Psychology
Marketing Psychology
Life Coaching
Counselling Skills I
Counselling Skills II
Counselling Techniques
Professional Supervision
Stress Management
Conflict Management
Multicultural Awareness
Crisis Counselling
Grief Counselling
Careers Counselling
Biopsychology I
Biopsychology II

Neuropsychology
Psychological Assessment
Social Psychology
Psychopharmacology
Abnormal Psychology
Adolescent Psychology
Certificates and Diplomas

Health & Human Biology

Human Anatomy & Physiology
Bioenergetics
Muscles & Movement
Cardio Respiratory
Performance
Anatomy 2
Physiology 2
Medical Terminology
Biochemistry I, II, III
Cell Biology
Aromatherapy

Medicinal Herbs
Human Nutrition I, II, III
Children's Nutrition
Certificates and Diplomas

Fitness

Health & Wellbeing
Health & Fitness I, II & III
Fitness Leader Certificate
Sports Psychology
Sports Nutrition
Resistance & Gym Supervision
Aquafitness
Advanced Aerobics
Fitness Risk Management
Foundation Diploma in Natural Health
Advanced Diploma in Naturopathy
Certificates and Diplomas

ACS DISTANCE EDUCATION

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PHONE TODAY FOR FREE HANDBOOK OR COURSE & CAREER COUNSELLING

Australia 07 5562 1088 **UK** 0800 328 4723 **International** +44 1384 4 44718

Health & Fitness Courses

Is this you?	Study This:
Interested in alternative health, or want to become a Natural Therapist ?	Foundation Diploma in Natural Health
Want to work as a Medical Receptionist ?	Medical Terminology
Want to help people to achieve direction in their lives – in their careers, or health-wise ?	Life Coaching
Want to learn about how to create a safe environment for your family to live in, by understanding how to avoid the hazards that exist in homes ?	Healthy Buildings
Thinking about a career in medicine, but want to lay a foundation first, gain confidence, and find out if this is the area for you ?	Pre-Med Studies

NEW Back Care Short Course

Understand how to manage minor back injuries, and who to turn to for rehabilitative care if you suffer a more serious injury. Assess posture and understand the possible causes and symptoms of poor posture. Understand the different anatomical structures that make up the back and spine. Become familiar with medical terminology relating to the back and spine.

Start with Human Biology IA

If you want to understand or work in Health, a foundation in Human Anatomy and Physiology is a logical starting point. This is why Human Biology IA has been our most popular 100 hr course over the past decade. If you are unsure where you are heading, you can't go far wrong by beginning here.

Working in Nutrition

There are many occupations within this broad field - from Health Food Shop sales, to Nutritionist. Some high level jobs (eg. Hospital Dietician) may require a university degree, but for many other jobs a certificate or diploma may be adequate. ACS offers a range of courses that can lead to employment in Food or Nutrition, including:

- Nutrition I, II, III
- Children's Nutrition
- Sports Nutrition
- Certificate in Nutritional Counselling
- Associate Diploma in Food & Nutrition
- Advanced Diploma in Complimentary Medicine (Nutrition)

Graduate Comment

"I have been studying through your school for a couple of years, and I find the quality of the service excellent, with a good range of courses. I am very impressed with your school."

Josephine – Human Nutrition

Tired, Stressed?

Two courses that may help:

Personal Energy Management | Stress Management

Graduate Comment

"I learnt a lot about the whole aqua fitness industry, not just one area e.g. learn to swim or aerobics."

Alison – Aqua Fitness

Fitness Leadership & Life Coaching

The fitness industry is a big employer in health clubs, gyms, and resorts. It isn't always as well paid as one might hope though. A one or two week course can sometimes qualify you as a fitness leader; but without a lot more, you may never go beyond 'the first rung of the ladder'.

Fitness leaders who do well and develop long term careers are those who do more studies; moving on to such things as:

- Freelance Life Coach or Personal Trainer
- Health Club or Leisure Centre Manager
- Leisure industry Business Owner/Operator

We offer dozens of courses in this field. Contact us today for more information.

Is Your Building Killing You?

Many of us spend much of our lives in the same building (home or office), and many of the materials used to construct these buildings can have devastating effects on the body; everything from paints and glues, to mould and electric fields. At ACS we introduced the Healthy Buildings courses in 1995. Learn how to protect yourself and your family through Healthy Buildings I & II courses.

Medical Studies: Lay a Foundation First!

There are many things that can be studied prior to taking on a Natural Therapy, Nursing or Medical qualification, which will help you greatly if you decide to proceed to the higher qualification later.

Consider:

Short courses such as Human Biology, Medical Terminology, Biochemistry or Cell Biology. Certificates or diplomas

Learn Aquafitness

Whether water aerobics, deep water running, swimming or something else; aquafitness offers advantages over other forms of exercise that make it ideal for rehabilitation or routine fitness programs. Aqua activities are low impact and increasingly popular. This course is ideal whether you are learning to teach others, or to improve your knowledge for your own benefit.

THIS 100 HR COURSE WAS DEVELOPED BY JOHN MASON (AUTHOR OF AQUAFITNESS, PUBLISHED BY KANGAROO PRESS) AND LYN QUIRK (FORMER HEALTH CLUB MANAGER, AND AQUAFITNESS INSTRUCTOR FOR OVER 20 YEARS).

Psychology & Counselling Courses

Is this you?	Take this Course
Want a serious foundation in Psychology ?	Introduction to Psychology
Want a foundation, but short on time and money ?	Foundation of Psychology – mini course, only 10 hrs
Want to understand your kids better ?	Child Psychology or Adolescent Psychology
Already counselling or advising people at work, but never studied counselling – don't need qualification, but need some counselling skill ?	Counselling Skills I or Counselling Techniques
Manager or Supervisor wanting to understand your staff ?	Industrial Psychology
Sportsperson, Fitness Instructor or Coach seeking to motivate others ?	Sports Psychology
Want to help people to achieve direction in their lives – in their careers, or health-wise ?	Life Coaching

Introduction to Psychology Course

This 100 hour course is the **MOST POPULAR** starting point for studying psychology. It develops your ability to analyse aspects in a person's psychological state and apply derived knowledge to motivate that person. This provides a solid foundation for further studies of psychology covering such things as the nature and scope of psychology, neurological and environmental effects on behaviour, personality, consciousness, perception, needs, drives and motivation.



Adolescent Psychology

If you work with teenagers, or are a parent of a teenager, this could be the course for you. This course looks at the developmental changes that occur during adolescence, covering theories of development, sexuality, and puberty.

Learn About Children

Short courses in Child Psychology, Developmental Psychology, Adolescent Psychology, Educational Psychology, Play Leadership and more. For parents, professionals or anyone working with children.

Life Coaching

Life Coaching isn't just about fitness. People may require support in all areas of their lives. This course offers you the knowledge and skills to be able to work as a Life Coach. It covers coaching, psychology, physical wellbeing, and other important topics. We offer a certificate or individual module in Life Coaching.

Study Biopsychology

Do you realise how much your state of mind is affected by your physical condition?

Biopsychology helps you understand exactly this! Biopsychology is the study of how the mind affects our body. This covers areas such as stress, addiction, the senses, and consciousness. This course is a must for anyone interested in psychology or health in any way.

What is Counselling?

Counselling means different things to different people. It is not a 'get well quick' option offering quick answers, but rather asks a person to engage in an exploratory process. There are many definitions of counselling. A simple version is that counselling is a working relationship where the client is helped to manage what is happening in their life and to explore their life. It is a form of psychological or 'talking therapy' that offers people the ability to change how they live and feel. The aim of counselling is to provide the client with a more satisfying experience of life. Everyone has different needs, so counselling can be concerned with many different aspects of a person's life.

Professional Indemnity Insurance

It's a good idea to get this insurance when you are working with people's health!

Graduates from ACS are able to obtain a discount on Professional Indemnity Insurance with Tower Insurances in the UK (under an agreement with the Complimentary Medicine Association - which we are a member).

Graduate Comment

"Being based at home, it has meant that I have been able to study something that I have wanted to do for a long time without having to worry about childcare etc."

Louise – Introduction to Psychology

ACS Recognition Includes:

Certificates and Diplomas accredited by **International Accreditation & Recognition Council**.



College Member of Complementary Medicine Association (UK).

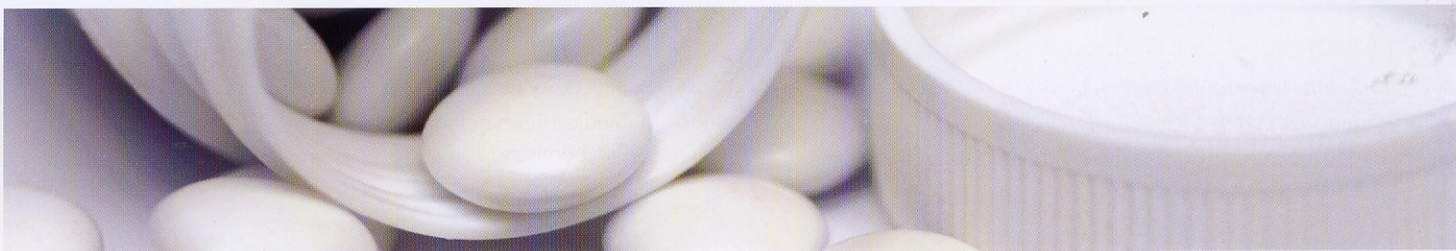
Assessed to teach a range of areas including: Counselling, Nutrition, Natural Therapies.



ACS is **CYQ Centre** Approved (centre code ACS523) with the **YMCA in the UK**.

Understanding Drugs

Our **Psychopharmacology** course is unique! Develop an understanding of the effects of legal, illegal and prescribed drugs on the mind, body and behavior. Topics covered include stimulants, narcotics, hallucinogens, marijuana, steroids, alcohol, tobacco, caffeine, solvents, sedatives, prescription drugs and more.



Marketing Psychology Course

Learn to capture the buyer's attention and influence their choices. This is an invaluable course for anyone working in marketing, sales or running their own small business. This is a 100 hr course, over eight lessons as follows:

Understanding People as Consumers | Market Segmentation | Social Influences, Family Influences | Consumerism | Buying Decisions | Communication and Persuasion | Internal Influences – Perception & Personality | Internal Influences – Motivation and Awareness

What Our Graduates Are Saying

L. Lowery - Human Anatomy and Physiology (1A)

"Very pleased with the work."

Joseph - Psychology and Counselling

"... I found the course so helpful as a Catholic Priest, and that is why I have registered for the Diploma in Counselling and Psychology and I hope to do my best to finish and help my people who are back home in Africa".

Rachel - Certificate in Psychology & Counselling

"I feel that over the duration of the course I gained a lot of knowledge and practical strategies that will be beneficial to me and those I deal with personally and professionally. The course exceeded my expectations significantly".

N. Mills - Aromatherapy

"This course was very interesting, challenging and very worthwhile."

FREE ACS "E-NEWS"

Sign up for our regular "e-news", and take advantage of news, tips, and specials via email.

Australia, USA, Asia, Pacific: Go to www.acs.edu.au

UK, Europe: Go to www.acsedu.co.uk

CHOOSE TO STUDY BY CD & SAVE 10%

For more SPECIALS, go to:

www.acs.edu.au/specialoffers.asp

Fitness Leaders Certificate

This course focuses on teaching the theory and practical skills for working in the fitness field. It was developed by Fitness Leaders with international experience, and is more globally relevant - and in some areas go beyond what other nationally-oriented fitness certificates sometimes do. It provides a sound foundation in both basic science, and routine operations for working as a Fitness Leader in a gymnasium, health club etc.

Ask us about possibilities for graduate recognition both in Australia and in the UK!

ACS DISTANCE EDUCATION

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