

Counselling Pathways

GUIDE • SUPPORT • LISTEN



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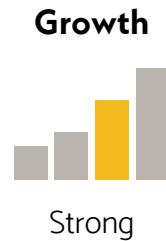
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Counselling Pathways

Guide individuals through personal challenges, providing support, empathy, and guidance

Counselling is a professional field dedicated to helping individuals navigate through life's challenges and improve their overall wellbeing. You'll provide a safe and supportive environment for clients to explore their thoughts, emotions, and behaviours.

This pathway might be right for you if you are interested in navigating challenges, enjoy listening and understanding, and want to make a positive impact.



Skills needed

- Social awareness
- Communication
- Collaboration
- Innovation
- Self-management

Common tasks

- Provide counselling services
- Develop treatment plans
- Monitor individual progress
- Collaborate with health workers
- Prepare reports and evaluations
- Provide relevant advice
- Run group sessions
- Teach life skills
- Maintain client records



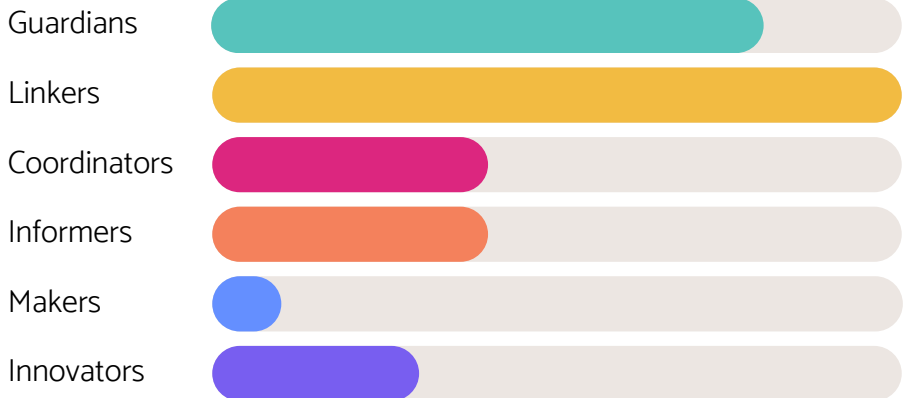
About the pathway

Work environment and conditions

Most counsellors work indoors in an office setting, such as private practices, community health centres, schools, hospitals, or government agencies. Some counsellors also work remotely, offering telehealth services via video or phone.

While some positions follow standard business hours, many counsellors offer evening or weekend appointments as well.

The Career Clusters in counselling



Things you can do now

Places for work experience

- Community centres or non-profit organisations
- Rehabilitation centres or substance abuse treatment facilities
- Schools or universities with counselling departments
- Employee assistance programs offered by large corporations
- Religious organisations or churches that provide counselling

Activities

- Role-play counselling scenarios to practice active listening
- Study psychological theories to understand counselling approaches
- Become a mentor at school, for a sports club, or in the community

Suggested subjects

- English
- Mathematics
- Health
- Any Sciences
- Society and Culture



Roles to explore

Entry level

Community Support Worker

Provide practical assistance and emotional support to vulnerable individuals in community settings.

Family Support Worker

Help families develop skills to overcome challenges and create safe, nurturing environments for children.

Youth Worker

Work with young people to develop their skills, address personal issues, and connect them with services.

Mid-level

Careers Advisor

Provide guidance on education, training, and employment options to help people make decisions.

Financial Counsellor

Help people manage financial difficulties and develop strategies for overcoming money problems.

Alcohol and Drugs Counsellor

Help people overcome substance dependency issues.

Senior

Psychotherapist

Provide in-depth therapy addressing underlying issues and patterns that affect health and relationships.

Psychologist

Assess, diagnose, and treat mental health conditions using scientific methods and evidence-based approaches.

Family Dispute Resolution Practitioner

Help separating families resolve disputes and develop parenting arrangements outside of court.

Similar pathways

Health Therapy | Aged Care | Disability Support | Medical Research



PATHWAY SPOTLIGHT

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