## Rehabilitation Counselling Transcript

**Text on Screen:**

Rehabilitation Counselling
Dr Paul O’Halloran

“Hi, my name is Dr Paul O’Halloran I’m the coordinator of the Rehabilitation Counselling major in the Bachelor of Health Sciences. In a rehabilitation setting we have specific health professionals who look after specific body parts, so a physiotherapist might look after an injured back, an injured shoulder or an injured knee. We might have an occupational therapist who looks after an injured wrist, or who looks after an injured hand, but who looks after the whole person? A rehabilitation counsellor looks after the interests of the whole person. They’re there to ensure that the person reaches their full potential following an injury or an accident for example. So this might entail, direct counselling with a client, this might entail the coordination of services, also the modification of the work environment so the person is able to return to work.

Well I see many advantages of doing the course here at La Trobe university. One is that we are all very passionate about our teaching and the way that we deliver the material. Secondly the material provides a very good basis theoretically and also in the skills required to be a rehabilitation counsellor, and thirdly is the flexibility with the course. There’s multiple exit points, for example at the end of third year, this is the undergraduate degree, people can leave and become a case manager and gain meaningful employment as a case manager. After an additional year of postgraduate study people are able to leave and obtain national registration as a rehabilitation counsellor.”

Career prospects for graduates are excellent both in the area of rehabilitation counselling and case management. They are growing areas Australia wide. For example I recently conducted a search on the web, on an employment site, and there were over 250 jobs, these are health jobs, with case manager in the title, and there were 198 with rehabilitation counsellor in the title. “

“I’ve chosen to do the rehabilitation counselling major because I wanted to help people when they most need it. In this case its when people have had a major onset of disability, illness or major accident. My favourite parts of the course is we get to learn more than just the physical aspects of injury or illness, we get to take into consideration social or emotional wellbeing of a person. I also get to do about a 100 hours of placement which gives me hands on experience with clients. When I finish the course I’m looking into return to work and new employment services so that’s assisting people if they need a slow return to work or if they can’t go back to their original jobs.”

“So I chose the rehab counselling stream because it gave me an opportunity to work with other people to towards getting them back to as normal a life you can after a workplace accident or any sort of accident. I’ve always loved working with people and La Trobe really offered that throughout the course. That’s why I chose it. I enjoy the most about my course that there is really hands on approach, so you’re always working through case studies, the lecturers and tutorial leaders are always available to help you which makes things easier and its actually given me an opportunity to do my placement with Heartkids Australia. So I’ll be working with the CEO there to try and work towards making it easier for other people to access the heart kids schemes.”

“I’d like to work in the private sector in case management in rehabilitation so I can do that straight out of my degree and just work with people returning to work and maybe even specialising in acquired brain injuries.”