**Transcript: Distinction between a Rehabilitation Counsellor and a Case Manager**

**Paul:** Many students are interested in the distinction between a Rehabilitation Counsellor and a Case Manager. How would you see that distinction?

**Michael:** Look, it’s a very important point. A Rehabilitation Counsellor as I mentioned earlier is an allied health professional, so they are recognised as a professional under the heads of *Workers Compensation Authorities* which is *HELCA* they actually stipulate one of the 10 or 11 professions in the *Return to Work* jurisdiction in the *WorkCover* jurisdiction so it’s important to note that it is a distinct profession where as a Case Manager or a Rehabilitation Consultant can be an allied health profession, can be a rehab professional, counselling professional, but not necessarily. So you can’t assume that someone who has the title ‘Rehab Consultant’ is a bonefied ‘Rehab Counsellor’. They could be from the allied health areas, they could be a Physio OT or could also be someone who has worked their way up the ranks or in an admin role so they may not have the recognised qualifications or background to actually practise as ‘Rehab Counsellor’ which is the profession. So, there is a distinction between the two and rehab counselling has been a profession recognised for over 40 years in Australia and generally, universally since the 1950’s.

**Greg:** Rehabilitation Counselling is a profession invested by the American’s in the 1950’s after all their soldiers came back, a lot of them were injured and the industry had changed. The American government put a massive amount of money into creating a new profession. They are in every big hospital in America. They are very highly regarded as part of the hospital team. In Australia, a Rehab Counsellor is not in the hospital, they are not a hospital therapist. They are in the community. That’s a big difference. For the first time ever we’ve got two people covertly operating in a hospital in Sydney or three hospitals and we are just evaluating it. It’s been going very well. At the moment, all the jobs in Rehab Counselling are in the community.

**Janette:** I might just add in there that case management is actually one of the skills or inherent part of the Rehabilitation Counsellors day and our profession. So it’s very necessary to be a very efficient and effective Case Manager. That describes more around the coordination role that you have. I think the distinction that plays out with understanding that it is a profession in and of itself in having a background that helps you to appreciate the evidence and translate that into practice. But also having a background where you understand the mechanism of injury, illness, disease and recovery and are able to incorporate that background knowledge and orientation into assisting somebody with a particular set of circumstances to navigate their way through recovery and *Return to Work*. So it is a very important part but case management is a discipline all on its own.