



LEVEL 3: CERTIFICATE IN COUNSELLING STUDIES

COURSE START DATE: TUESDAY EVENING 5 FEB 2019

5.45am- 9pm

SESSION No.	DATE:	TOPIC:
01	05 Feb	Beginnings. Approaches to learning and engaging
02	12 Feb	Person Centred Theory and Practice
03	Saturday 16 Feb TBC	SAT WORKSHOP: MINDFULNESS
04	19 Feb	CBT and Mindfulness
05	26 Feb	Gestalt Theory and Practise
06	05 Mar	Use of self in the counselling process
07	12 Mar	What is counselling supervision?
08	Saturday 16 Mar TBC	SAT WORKSHOP: EXPLORING ETHICS
09	19 Mar	Supervision theories and practice
10	26 Mar	Researching an Agency
11	02 Apr	What is Wellbeing?
12	09 Apr	Theoretical input on CMH diagnosis
13	Saturday 13 Apr TBC	SAT WORKSHOP: DIFFERENCE & DIVERSITY
14	23 Apr	Structuring the Therapeutic Process
15	30 Apr	Structuring the Therapeutic Process
16	07 May	Skills Practice
17	14 May	Person Centred Approach & Group dynamics
18	21 May	Case Presentation
19	28 May	Case Presentation
20	04 June	Case Presentation
21	11 June	Creative ways of working (5.15-9pm)
22	18 June	Mock Exam
23	25 June	Mock Exam review
24	02 July	EXTERNAL ASSESSMENT
25	09 July	Course Review/ Endings & Celebrations

Assignments:

- a) Essay assignment: Theory Essay due in by 12 March
- b) Research projects as relevant, e.g.: Theory; Agency Setting; Wellbeing; CMHP's
- c) Case study and Group Supervision; 21 May - 4 June
- d) Self -review; 11 July
- e) Audio recording with verbatim transcripts/Tutor observations
- f) Reflective Learning Journal for each session

