

**Level 2 Certificate in Counselling Studies**

**Start Date Monday 13th Sept 2021**

 **5.45-9pm**

**Session No**: **Date:** **Topic**

1 13th Sept Intro, ‘who are you now’

2 20th Sept ‘Who are you as a learner’

3 27th Sept Listening skills, open & closed questions

4 4th Oct Listening skills, open & closed questions

5 11th Oct Listening skills, summarising

6 18th Oct Assessment and Portfolio

**SAT WORKSHOP 23rd Oct TBC**  **A day of mindfulness**

7 25th Oct Total Communication (1)

8 1st Nov Total Communication (2)

9 8th Nov Total Communication (3)

10 15th Nov Ethics and Safety

**Sat Workshop 20th Nov TBC A day of mindfulness**

1122nd Nov Boundaries of the helping role

12 29th Nov Boundaries of the helping role

13 6th Dec Staying Present

14 13th Dec Mock exam

**Winter Break 14th Dec – 9th Jan Time for a break**

15 10th Jan Mock Exam Review & Mid-way Review

17 17th Jan **External Assessment**

18 24th Jan Developing an awareness of ‘self’.

**Sat Workshop 29th Jan TBC A day of mindfulness**

19 31st Jan Use of self-awareness/Focus on helpee

20 7th Feb Use of self-awareness/Focus on helpee

21 14th Feb Feedback and Reflection

22 21st Feb Course Review/endings & celebrations

Saturday workshops will be 5.5 hours long: 10:00am-3:30pm

Assignments

1. Essay assignment: due 18th October 2021
2. Recorded skills assignment: 6th December 2021
3. Self-review
4. Reflective Learning Journal, an entry for each session