

**Level 3 Certificate in Counselling Studies**

**Start Date Tuesday 8th March 2022**

**5.45-9.00pm**

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

1 8th Mar Beginnings

2 15th Mar Person Centred Theory and Practice.

3 22nd Mar CBT and Mindfulness

4 29th Mar Gestalt theory and practice

**Sat Workshop 2nd Apr Exploring Ethics**

5 5th Apr Use of self in the counselling process

Easter Holidays

6 26th Apr What is counselling supervision

7 3rd May Supervision theories and practice

8 10th May Researching an agency

9 17th May What is Wellbeing

**Sat Workshop 21st May Difference and Diversity**

10 24th May Preparing for the exam

Half Term

117th June Exam Review

12 14th June External Assessment

13 21st June Structuring the therapeutic process

14 28th June Structuring the therapeutic process

15 5th July Skills Practice

**Sat Workshop 9th July A day of Mindfulness**

16 12th July P/C Approach and group dynamics

17 19th July Skills Practice

18 26th July Case Presentation

Summer Break

19 13th Sept Case Presentation

20 20th Sept Case Presentation

21 27th Sept Theoretical input on CMH diagnosis

22 4th Oct Creative ways of working

**Sat Workshop 8th Oct Course review, celebrations, where next**

Assignments

1. Essay assignment: Theory essay due in by 24th May 2021
2. Research projects as relevant. E.g Theory, Agency setting; Wellbeing; CMPH’s
3. Case Study and Group supervision
4. Self-review, 19th July 2021
5. Audio recording with verbatim transcripts and tutor obs
6. Reflective journal for each session