

**Level 2 Certificate in Counselling Studies**

**Start Date Monday 12th Sept 2022**

 **5.45-9pm**

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

1 12th Sept Intro, ‘who are you now’

2 19th Sept ‘Who are you as a learner’

3 26th Sept Listening skills, open & closed questions

4 3rd Oct Listening skills, open & closed questions

5 10th Oct Listening skills, summarising

6 17th Oct Assessment and Portfolio

**SAT WORKSHOP 22nd Oct TBC**  **A day of mindfulness**

7 24th Oct Total Communication (1)

8 31st Oct Total Communication (2)

9 7th Nov Total Communication (3)

10 14th Nov Ethics and Safety

**Sat Workshop 19th Nov TBC A day of mindfulness**

1121st Nov Boundaries of the helping role

12 28th Nov Boundaries of the helping role

13 5th Dec Staying Present

14 12th Dec Mock exam

**Winter Break 13th Dec – 8th Jan Time for a break**

15 9th Jan Mock Exam Review & Mid-way Review

17 16th Jan **External Assessment**

18 23rd Jan Developing an awareness of ‘self’.

**Sat Workshop 28th Jan TBC A day of mindfulness**

19 30th Jan Use of self-awareness/Focus on helpee

20 6th Feb Use of self-awareness/Focus on helpee

21 13th Feb Feedback and Reflection

22 20th Feb Course Review/endings & celebrations

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

Assignments

1. Essay assignment: due 17th October 2022
2. Recorded skills assignment: 5th December 2022
3. Self-review
4. Reflective Learning Journal, an entry for each session