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**Level 5 Diploma in Psychotherapeutic Counselling—Online**

**Start Date: Friday 20th October 2023**

**Friday Sessions will run: 9:45am – 4:45pm**

**Sat and/or Sun sessions will run: 10:00am-4:00pm**

**Date Session Topic**

Friday 20th Oct 23Welcome/Becoming a Psychotherapeutic Counsellor/The journey ahead

Friday 3rd Nov 23 AM: Orientating to the course

PM:Going more deeply into the psychotherapeutic process.

Friday 17th Nov 23 AM: ‘What is Theory’

PM:The language of emotion

**Sunday 26th Nov 23 Workshop: Different approaches to working with Dependency (chemical and emotional)**

Friday 1st Dec 23 AM: The Therapeutic Relationship — ‘Whose tune am I singing?’

PM:Working with self-awareness as an independent practitioner**.**

Friday 15th Dec 23 AM: Focus on practice beginning with assessment

PM:The structure of counselling in private practice

**Christmas Break: 16th Dec - 5th Jan 23**

Friday 12th Jan 24 AM: The politics of mental illness — who decides

PM:Common and severe mental health problems

Friday 26th Jan 24 AM: Therapist factors v client work

PM: The power and authority in the therapeutic relationship

**Sunday 28th Jan 24 Workshop: Working with anger with self/others**

Friday 9th Feb 24 AM: Clinical outcomes in clinical audit

PM:Group Supervision

Friday 23rd Feb 23 AM: The structure of private practice (Practical, legal, ethical and personal)

PM:Issues which impact on clients accessing private practice.

Friday 8th Mar 24 AM: Establishing and managing a private practice: (The ethics and challenges

of making a living)

PM:Attachment styles in the therapy room

**Saturday 10th Mar 24 Workshop: Holding clients in-between sessions (who is responsible — boundaries and ethics)**

Friday 29th Mar 24 AM: Working with different cultures, faith & Spirituality (including spiritual emergence)

PM:Transference and Counter-transference

**Easter Break: 31st March 24 – 19th Apr 24**

Friday 26th Apr 24 AM: Working with phenomenological approach

PM: Group Supervision

Friday 10th May 24 Course celebration/review

**Saturday 11th May 24 Working with forbidden territories – Money, sex, porn etc.**

Friday 24th May 23 CPD/Accreditation/Website etc.

Friday 7th June 24 End of course (portfolio hand-in)

**DATE OF EXTERNAL ASSESMENT:**

**Monday 10th June 2024** (You have one week to complete the external case review).