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

**Start Date: Friday 15th November 2024**

**Friday Sessions will run: 9:30am – 4:45pm**

**Sat and/or Sun sessions will run: 10:00am-4.30pm**

**Date Session Topic**

Friday 15th Nov 24Welcome/Becoming a Psychotherapeutic Counsellor/The journey ahead

Friday 29th Nov 24 AM: Orientating to the course **(4.3, 4.4, 5.3)**

PM:Going more deeply into the psychotherapeutic process.

**Sunday 1st Dec 24 Workshop: Different approaches to working with Dependency (chemical and emotional)** **(2.3, 3.2, 3.3, 3.4)**

Friday 13th Dec 24 AM: ‘What is Theory’ **(6.1, 6.2, 6.3)**

PM:The language of emotion **(5.1, 5.3)**

**Christmas Break 14th Dec – 2nd Jan 25**

Friday 3rd Jan 25 AM: The Therapeutic Relationship — ‘Whose tune am I singing?’ **(4.3, 4.4, 5.3)**

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

Friday 10th Jan 25 AM: Focus on practice beginning with assessment **(4.1, 4.2, 4.4)**

PM:The structure of counselling in private practice

Friday 24th Jan 25 AM: The politics of mental illness — who decides **(6.3, 6.4, 6.5)**

PM:Common and severe mental health problems

Friday 7th Feb 25 AM: Therapist factors v client work **(5.3, 5.4)**

PM: The power and authority in the therapeutic relationship

**Sunday 9th Feb 25 Workshop: Working with anger with self/others (5.1, 5.3, 5,4)**

Friday 21st Feb 25 AM: Clinical outcomes in clinical audit **(7.2)**

PM:Group Supervision **(7.1)**

Friday 7th Mar 25 AM: The structure of private practice (Practical, legal, ethical and personal)

PM:Issues which impact on clients accessing private practice. **(1.1, 1.2, 1.3)**

**Saturday 8th Mar 25 Workshop: Holding clients in-between sessions (who is responsible —**

**boundaries and ethics) (1.1, 1.2, 1.3)**

Friday 28th Mar 25 AM: Establishing and managing a private practice: (The ethics and challenges

of making a living) **(1.1, 1.2, 1.3)**

PM:Attachment styles in the therapy room **(4.2, 4.5, 5.1, 5.2, 6.2)**

**EASTER BREAK**

Friday 11th Apr 25 AM: Working with phenomenological approach

PM: Group Supervision **(3.3, 6.4, 7.1)**

Friday 25th Apr 25 AM: Working with different cultures, faith & Spirituality (including spiritual emergence)

PM:Transference and Counter-transference **(2.3, 3.1, 3.2, 3.3)**

Friday 9th May 25 Exploring Internal Family Systems

**Saturday 10th May 25 Working with forbidden territories – Money, sex, porn etc. (2.1, 2.2,2.3)**

Friday 23rd May 25 CPD/Accreditation/Website etc. **(7.3)**

Friday 8th June 25 End of course (portfolio hand-in)