Level 5 Diploma in Psychotherapeutic Counselling—Online
Start Date: Friday 22nd January 2027

Friday Sessions will run: 9:30am – 5.00pm
Sat and/or Sun sessions will run: 10:00am-4:00pm

Date	Session Topic
Fri 22nd Jan 27 (1)	Welcome/Becoming a Psychotherapeutic Counsellor/The journey ahead
Sun 30th Jan 27 (2)	**Workshop: Different approaches to working with Dependency (chemical and emotional) (2.3, 3.2, 3.3, 3.4)**
Fri 5th Feb 27 (3)	AM: Orientating to the course **(4.3, 4.4, 5.3)** PM: Going more deeply into the psychotherapeutic process.
Fri 19th Feb 27 (4)	AM: 'What is Theory' **(6.1, 6.2, 6.3)** PM: The language of emotion **(5.1, 5.3)**
Fri 5th Mar 27 (5)	AM: The Therapeutic Relationship — 'Whose tune am I singing?' **(4.3, 4.4, 5.3)** PM: Working with self-awareness as an independent practitioner.
Sun 10th Mar 27 (6)	**Workshop: Working with anger with self/others (5.1, 5.3, 5,4)**
Fri 19th Mar 27 (7)	AM: Focus on practice beginning with assessment **(4.1, 4.2, 4.4)** PM: The structure of counselling in private practice
Fri 2nd Apr 27 (8)	AM: The politics of mental illness — who decides **(6.3, 6.4, 6.5)** PM: Common and severe mental health problems
	EASTER BREAK
Fri 16th Apr 27 (9)	AM: Therapist factors v client work **(5.3, 5.4)** PM: The power and authority in the therapeutic relationship
Fri 30th Apr 27 (10)	AM: Clinical outcomes in clinical audit **(7.2)** PM: Group Supervision **(7.1)**

Sat 1st May 27 (11)	**Workshop: Holding clients in-between sessions (who is responsible — boundaries and ethics) (1.2, 1.3, 1.4)**
Fri 21st May 27 (12)	AM: The structure of private practice (Practical, legal, ethical and personal) PM: Issues which impact on clients accessing private practice. **(2.1, 2.3, 3.4)**
Fri 4th Jun 27 (13)	AM: Establishing and managing a private practice: (The ethics and challenges of making a living**)** **(1.1, 1.2, 1.3, 4.4)** PM: Attachment styles in the therapy room **(4.2, 4.5, 5.1, 5.2, 6.2)**
Fri 18th Jun 27 (14)	AM: Working with different cultures, faith & Spirituality (including spiritual emergence) PM: Transference and Counter-transference **(2.3, 3.1, 3.2, 3.3)**
Fri 2nd Jul 27 (15)	AM: Working with phenomenological approach PM: Group Supervision **(3.3, 6.4, 7.1)**
Fri 16th Jul 27 (16)	Exploring Internal Family Systems. **(5.1, 6.1, 6.3)**
Sat 19th Jul 25 (17)	**Working with forbidden territories – Money, sex, porn etc. (2.1, 2.2,2.3)**
	SUMMER BREAK
Fri 3rd Sept 27 (18)	CPD/Accreditation/website **(7.3)**
Fri 10th Sept 27 (19)	Course celebration/review (portfolio hand-in) – **This session will run 10-1pm**

***Please be informed the Level 5 course no longer includes an External Assessment component. All assessments are now conducted internally by the course tutors.**