

**August 2025 – March 2026**

**CS05: WEDNESDAY (all day online)** 10am-12.30pm, 1.15-3.45pm.

**Tutor:** Brett Buchanan

**Guest Speaker sessions:** Mondays from 6.30-8.00pm online via Zoom

**Induction Session:** Tuesday 19<sup>th</sup> August from 4.00-5.00pm, online via Zoom

| Module 1 | Date     |   |  |
|----------|----------|---|--|
| Unit 1   | 27/08/25 | Introductions, Expectations, Working agreement                  |  |
| Unit 2   | 27/08/25 | Defining a Counselling Approach                                 |  |
| Unit 3   | 03/09/25 | Intro to Practice - Attending                                   |  |
| Unit 4   | 03/09/25 | Intro to Practice - Responding                                  |  |
| Unit 5   | 10/09/25 | Self-awareness, Johari Window & Guided Fantasy                  |  |
| Unit 6   | 10/09/25 | Essential Qualities - Acceptance                                |  |
| Unit 7   | 17/09/25 | Essential Qualities – Genuineness& Empathy                      |  |
| Unit 9   | 17/09/25 | Intro to Ethics - Confidentiality                               |  |
| Unit 8   | 24/09/25 | Integrated Practice   |  |
| Unit 10  | 24/09/25 | FILMING   | Filming opportunity<br>Written assignment due on 24/09/25 by 5pm (1000 words). |
| Unit 11  | 01/10/25 | Student presentations / 1:1                                     |  |
| Unit 12  | 01/10/25 | Student presentations   |  |
| Module 2 | Date     |   |  |
| Unit 1   | 15/10/25 | Review of Mod 1. Working Agreement                              |  |
| Unit 2   | 15/10/25 | Intro to Structures: Boundaries & Beginnings                    |  |
| Unit 3   | 22/10/25 | Transitions. Attachment and Loss                                |  |
| Unit 4   | 22/10/25 | Structures: Middles & Focusing                                  |  |
| Unit 5   | 29/10/25 | Structures: Middles. Change & Challenge                         |  |
| Unit 6   | 29/10/25 | Sexuality   | Filming opportunity  |
| Unit 9   | 05/11/25 | Structures: Endings   |  |
| Unit 8   | 05/11/25 | Ethics: Working with Difference                                 | Filming opportunity  |
| Unit 7   | 12/11/25 | Self-awareness. Motives & Values                                | Filming opportunity<br>Written assignment due on 12/11/25 by 5pm (1500 words). |
| Unit 10  | 12/11/25 | Filming   |  |
| Unit 11  | 19/11/25 | Student presentations / 1:1                                     |  |
| Unit 12  | 19/11/25 | Student presentations   |  |
| Module 3 | Date     |   |  |
| Unit 1   | 03/12/25 | Overview & Working agreement                                    |  |
| Unit 2   | 03/12/25 | Theories  |  |
| Unit 3   | 10/12/25 | Humanism & PCT  | Audio recording opportunity  |
| Unit 4   | 10/12/25 | Psychodynamic   | Audio recording opportunity  |
| Unit 5   | 17/12/25 | Life mapping  |  |
| Unit 6   | 17/12/25 | Genograms   |  |
| Unit 7   | 07/01/26 | CBT   | Audio recording opportunity  |
| Unit 8   | 07/01/26 | Ethics - Power  |  |
| Unit 9   | 14/01/26 | Spirituality  |  |
| Unit 10  | 14/01/26 | Final audio recording if necessary<br>*Next week off (21/01/25) | Transcript & reflection assignment due on 21/01/26 by 5pm (1500 words).        |
| Unit 11  | 28/01/26 | Student Transcript & Presentations                              | Final part of assessment   |
| Unit 12  | 28/01/26 | Student Transcript & Presentations                              |  |

|                 |             |  |  |
|-----------------|-------------|--|--|
|                 |             |  |  |
| <b>Module 4</b> | <b>Date</b> |  |  |
| Unit 1          | 11/02/26    | Overview/Working agreement                       |  |
| Unit 2          | 11/02/26    | Gestalt  |  |
| Unit 3          | 18/02/26    | Ethics – Boundary issues                         |  |
| Unit 5          | 18/02/26    | TA   |  |
| Unit 4          | 25/02/26    | Social inclusion                                 |  |
| Unit 6          | 25/02/26    | Stress   |  |
| Unit 7          | 04/03/26    | Ethics – listener responsibilities – supervision |  |
| Unit 8          | 04/03/26    | Assessment Pt1                                   | Assessment Triad 1   |
| Unit 9          | 11/03/26    | Assessment Pt 2                                  | Assessment Triad 2<br><i>Written Assignment due on 11/03/26 by 5pm (2000 words).</i> |
| Unit 10         | 11/03/26    | Assessment Pt 3                                  | Assessment Triad 3   |
| Unit 11         | 18/03/26    | Student final Presentations                      | Final part of assessment   |
| Unit 12         | 18/03/26    | Student final Presentations                      | Final part of assessment   |

### Guest Speaker Sessions - Monday evenings via Zoom, 6.30-8.00pm

| Guest Speaker                  | Mod | Modality/Topic                       | Date |
|--------------------------------|-----|--------------------------------------|------|
| John McCormack                 | M1  | Adverse Childhood Experiences (ACEs) | TBC  |
| Fiona Cameron                  | M1  | Attachment Theory                    | TBC  |
| TBA                            | M2  | Sexuality (Gender)                   | TBC  |
| Ishtar Swaffield & Ross Cairns | M3  | Person Centred Therapy (PCT)         | TBC  |
| Alison Hunter                  | M3  | Psychodynamic                        | TBC  |
| Brett Buchanan                 | M3  | Cognitive Behavioural Therapy (CBT)  | TBC  |
| Fiona Firman                   | M4  | Transactional Analysis (TA)          | TBC  |