

August 2025 – June 2026

CS07: THURSDAY AFTERNOONS (on-campus) 2.30-5.00pm, including FULL DAY THURSDAYS 2.30-5.00pm and 5.45-8.15pm

Tutor: Katherine Foster

Guest Speaker sessions: Mondays from 6.30-8.00pm

Induction Session: Tuesday 19th August from 4.00-5.00pm, online via Zoom

Module 1	Date		
Unit 1	28/08/25	Introductions, Expectations, Working agreement	2.30-5.00pm
Unit 2	28/08/25	Defining a Counselling Approach	5.45-8.15pm
Unit 3	04/09/25	Intro to Practice - Attending	2.30-5.00pm
Unit 4	11/09/25	Intro to Practice - Responding	2.30-5.00pm
Unit 5	18/09/25	Self-awareness, Johari Window & Guided Fantasy	2.30-5.00pm
Unit 6	25/09/25	Essential Qualities - Acceptance	2.30-5.00pm
Unit 7	02/10/25	Essential Qualities – Genuineness & Empathy	2.30-5.00pm
Unit 8	09/09/25	Intro to Ethics - Confidentiality	2.30-5.00pm
Unit 9	09/09/25	Integrated Practice	5.45-8.15pm
No class on 16/10/25			
Unit 10	23/10/25	FILMING	2.30-5.00pm Filming opportunity Written assignment due on 23/10/25 by 5pm (1000 words).
Unit 11	30/10/25	Student presentations / 1:1	2.30-5.00pm
Unit 12	30/10/25	Student presentations	5.45-8.15pm
Module 2	Date		
Unit 1	06/11/25	Review of Mod 1. Working Agreement	2.30-5.00pm
Unit 2	13/11/25	Intro to Structures: Boundaries & Beginnings	2.30-5.00pm
Unit 3	13/11/25	Transitions. Attachment and Loss	5.45-8.15pm
Unit 4	20/11/25	Structures: Middles & Focusing	2.30-5.00pm
Unit 5	27/11/25	Structures: Middles. Change & Challenge	2.30-5.00pm
Unit 6	04/12/25	Sexuality	2.30-5.00pm Filming opportunity
Unit 7	04/12/25	Self-awareness. Motives & Values	Filming opportunity 5.45-8.15pm
Unit 8	11/12/25	Ethics: Working with Difference	2.30-5.00pm Filming opportunity
Unit 9	18/12/25	Structures: Endings	2.30-5.00pm
Holiday break			
Unit 10	08/01/26	Filming	2.30-5.00pm Written assignment due on 08/01/26 by 5pm (1500 words).
Unit 11	15/01/26	Student presentations / 1:1	2.30-5.00pm
Unit 12	15/01/26	Student presentations	5.45-8.15pm
Module 3	Date		
Unit 1	22/01/26	Overview & Working agreement	2.30-5.00pm
Unit 2	29/01/26	Theories	2.30-5.00pm
Unit 3	05/02/26	Humanism & PCT	2.30-5.00pm Audio recording opportunity
Unit 4	12/02/26	Psychodynamic	2.30-5.00pm

			Audio recording opportunity
Unit 5	19/02/26	Life mapping	2.30-5.00pm
Unit 6	26/02/26	Genograms	2.30-5.00pm
Unit 7	26/02/26	CBT	5.45-8.15pm Audio recording opportunity
Unit 8	05/03/26	Ethics - Power	2.30-5.00pm
Unit 9	12/03/26	Spirituality	2.30-5.00pm
Unit 10	19/03/26	Final audio recording if necessary *Next week off (26/3/26) for transcribing	2.30-5.00pm Transcript & reflection assignment due on Thursday 26/03/26 by 5pm (1500 words)
Unit 11	02/04/26	Student Transcript & Presentations	2.30-5.00pm Final part of assessment
Unit 12	02/04/26	Student Transcript & Presentations	5.45-8.15pm
Easter break			
Module 4	Date		
Unit 1	23/04/26	Overview/Working agreement	2.30-5.00pm
Unit 2	23/04/26	Gestalt	5.45-8.15pm
Unit 3	30/04/26	Ethics – Boundary issues	2.30-5.00pm
Unit 4	07/05/26	Social inclusion	2.30-5.00pm
Unit 5	14/05/26	Transactional Analysis	2.30-5.00pm
Unit 6	21/05/26	Stress	2.30-5.00pm
Unit 7	28/05/26	Ethics – listener responsibilities – supervision	2.30-5.00pm
Unit 8	04/06/26	Assessment Pt1	2.30-5.00pm Assessment Triad 1.
Unit 9	11/06/26	Assessment Pt 2	2.30-5.00pm Assessment Triad 2.
Unit 10	18/06/26	Assessment Pt 3	2.30-5.00pm Assessment Triad 3. Written Assignment due on Wednesday 17/06/26 by 5pm (2000 words).
Unit 11	25/06/26	Student final Presentations	2.30-5.00pm Final part of assessment
Unit 12	25/06/26	Student final Presentations	5.45-8.15pm

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