

## September 2025 – June 2026

**CS08: Thursday evenings on-campus** from 18<sup>th</sup> September 2025, 6.00-8.30pm  
Including **Saturdays on-campus** 10.00am-12.30pm, 1.00-3.30pm

**Tutor:** Colin Flynn

**Guest Speaker sessions:** Mondays from 6.30-8.00pm

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

| Module 1 | Date                |  |  |
|----------|---------------------|--|--|
| Unit 1   | 18/9/25             | Introductions, Expectations, Working agreement |  |
| Unit 2   | 25/9/25             | Defining a Counselling Approach                |  |
| Unit 3   | <b>SAT</b> 27/9/25  | Intro to Practice - Attending                  | 10.00am – 12.30pm  |
| Unit 4   | <b>SAT</b> 27/9/25  | Intro to Practice - Responding                 | 1.00-3.30pm  |
| Unit 5   | 02/10/25            | Self-awareness, Johari Window & Guided Fantasy |  |
| Unit 6   | <b>SAT</b> 4/10/25  | Essential Qualities - Acceptance               | 1.00-3.30pm  |
| Unit 7   | 9/10/25             | Essential Qualities – Genuineness & Empathy    |  |
| Unit 9   | 16/10/25            | Intro to Ethics - Confidentiality              | <i>Written assignment due on 16/10/25 by 5pm (1000 words).</i> |
| Unit 8   | 23/10/25            | Integrated Practice                            | Filming opportunity  |
| Unit 10  | <b>SAT</b> 25/10/25 | FILMING  | 10.00am – 12.30pm  |
| Unit 11  | <b>SAT</b> 25/10/25 | Student presentations / 1:1                    | 1.00-3.30pm  |
| Unit 12  | 30/10/25            | Student presentations                          |  |
|          |                     |  |  |
| Module 2 | Date                |  |  |
| Unit 1   | 13/11/25            | Review of Mod 1. Working Agreement             |  |
| Unit 2   | 20/11/25            | Intro to Structures: Boundaries & Beginnings   |  |
| Unit 3   | 27/11/25            | Transitions. Attachment and Loss               |  |
| Unit 4   | <b>SAT</b> 29/11/25 | Structures: Middles & Focusing                 | 10.00am – 12.30pm  |
| Unit 5   | <b>SAT</b> 29/11/25 | Structures: Middles. Change & Challenge        | 1.00-3.30pm<br>Filming opportunity                             |
| Unit 6   | 4/12/25             | Sexuality                                      |  |
| Unit 9   | 11/12/25            | Structures: Endings                            | Filming opportunity  |
| Unit 8   | 18/12/25            | Ethics: Working with Difference                | <i>Written assignment due on 18/12/25 by 5pm (1500 words).</i> |
| Unit 7   | 8/1/26              | Self-awareness. Motives & Values               |  |
| Unit 10  | 15/1/26             | Filming  |  |
| Unit 11  | 22/1/26             | Student presentations / 1:1                    |  |
| Unit 12  | 29/01/26            | Student presentations                          |  |
|          |                     |  |  |
| Module 3 | Date                |  |  |
| Unit 1   | 12/2/26             | Overview & Working agreement                   |  |
| Unit 2   | 19/2/26             | Theories                                       |  |
| Unit 3   | <b>SAT</b> 21/2/26  | Humanism & PCT                                 | 10.00am-12.30pm<br>Audio recording opportunity                 |
| Unit 4   | <b>SAT</b> 21/2/26  | Psychodynamic                                  | 1.00-3.30pm<br>Audio recording opportunity                     |
| Unit 5   | 26/2/26             | Life mapping                                   |  |

|                 |                    |   |   |
|-----------------|--------------------|---|---|
| Unit 6          | 5/3/26             | Final audio recording if necessary<br>*Next week off (12/3/24) for transcribing |   |
| Unit 7          | 19/3/26            | CBT   | Audio recording opportunity   |
| Unit 8          | 26/3/26            | Ethics - Power  |   |
| Unit 9          | 2/4/26             | Spirituality  |   |
| Unit 10         | 9/4/26             | Genograms   | <i>Transcript &amp; reflection assignment due on 9/4/26 by 5pm (1500 words).</i>  |
| Unit 11         | 16/4/26            | Student Transcript & Presentations  | Final part of assessment  |
| Unit 12         | 23/4/26            | Student Transcript & Presentations  |   |
|                 |                    |   |   |
| <b>Module 4</b> | <b>Date</b>        |   |   |
| Unit 1          | 07/5/26            | Overview/Working agreement  |   |
| Unit 5          | 14/5/26            | TA  | 10.00am – 12.30pm   |
| Unit 3          | <b>SAT</b> 16/5/26 | Ethics – Boundary issues  | 1.00-3.30pm   |
| Unit 2          | <b>SAT</b> 16/5/26 | Gestalt   |   |
| Unit 6          | 21/5/26            | Stress  | Advise prep needed for guest speaker  |
| Unit 4          | 28/5/26            | Social inclusion  |   |
| Unit 7          | 4/6/26             | Ethics – listener responsibilities – supervision                                |   |
| Unit 8          | 11/6/26            | Assessment Pt1  | Assessment Triad 1. <i>Written Assignment due on 11/6/26 by 5pm (2000 words).</i> |
| Unit 9          | <b>SAT</b> 13/6/26 | Assessment Pt 2   | 10.00am-12.30pm<br>Assessment Triad 2.  |
| Unit 10         | <b>SAT</b> 13/6/26 | Assessment Pt 3   | 1.30-3.30pm<br>Assessment Triad 3   |
| Unit 11         | 18/6/26            | Student final Presentations   | Final part of assessment  |
| Unit 12         | 25/6/26            | Student final Presentations   |   |

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

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