

January 2026 – June 2026

CS11: Thursday full day (online) 10.00am-12.30pm (morning) and 1.00-3.30pm (afternoon).

Tutor: Cara Milor

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

Module 1	Date		
Unit 1	8/1/26	Introductions, Expectations, Working agreement	
Unit 2	8/1/26	Defining a Counselling Approach	
Unit 3	15/1/26	Intro to Practice - Attending	
Unit 4	15/1/26	Intro to Practice - Responding	
Unit 5	22/1/26	Self-awareness, Johari Window & Guided Fantasy	
Unit 6	22/1/26	Essential Qualities - Acceptance	
Unit 7	29/1/26	Essential Qualities – Genuineness & Empathy	
Unit 8	29/1/26	Integrated Practice	Filming opportunity
Unit 9	5/2/26	Intro to Ethics - Confidentiality	
Unit 10	5/2/26	FILMING	Written assignment due on 5/2/26 by 5pm (1000 words).
Unit 11	12/2/26	Student presentations / 1:1	
Unit 12	12/2/26	Student presentations	
Module 2	Date		
Unit 1	19/2/26	Review of Mod 1. Working Agreement	
Unit 2	19/2/26	Intro to Structures: Boundaries & Beginnings	
Unit 3	26/2/26	Transitions. Attachment and Loss	
Unit 4	26/2/26	Structures: Middles & focusing	
Unit 5	5/3/26	Structures: Middles. Change & Challenge	
Unit 6	5/3/26	Sexuality	Filming opportunity
Unit 9	12/3/26	Structures: Endings	
Unit 8	12/3/26	Ethics: Working with Difference	Filming opportunity
Unit 7	19/3/26	Self-awareness. Motives & Values	
Unit 10	19/3/26	FILMING	Written assignment due on 19/3/26 by 5pm (1500 words).
Unit 11	26/3/26	Student presentations / 1:1	
Unit 12	26/3/26	Student presentations	
Module 3	Date		
Unit 1	2/4/26	Overview & Working agreement	
Unit 2	2/4/26	Theories	
Unit 3	9/4/26	Humanism & PCT	Audio recording opportunity
Unit 4	9/4/26	Psychodynamic	Audio recording opportunity
Unit 5	16/4/26	Life mapping	Audio recording opportunity
Unit 6	16/4/26	Genograms	Audio recording opportunity
Unit 7	23/4/26	CBT	Audio recording opportunity
Unit 8	23/4/26	Ethics - Power	Audio recording opportunity
Unit 9	30/4/26	Spirituality	Audio recording opportunity
Unit 10	30/4/26	Final audio recording if necessary *Next week off (7/5/26) for transcribing	Transcript & reflection assignment due on THURSDAY 7/5/26 by 5pm (1500 words).
		No class 7 th May	
Unit 11	14/5/26	Student Transcript & Presentations	Final part of assessment
Unit 12	14/5/26	Student Transcript & Presentations	

Module 4	Date		
Unit 1	21/5/26	Overview/Working agreement	
Unit 2	21/5/26	Gestalt	
Unit 3	28/5/26	Ethics – Boundary issues	
Unit 4	28/5/26	TA	
Unit 5	4/6/26	Social inclusion	
Unit 6	4/6/26	Stress	
Unit 7	11/6/26	Ethics – listener responsibilities – supervision	
Unit 8	11/6/26	Assessment Pt1	Assessment Triad 1. Written Assignment due on 18/6/26 by 5pm (2000 words).
Unit 9	18/6/29	Assessment Pt 2	Assessment Triad 2.
Unit 10	18/6/26	Assessment Pt 3	Assessment Triad 3.
Unit 11	25/6/26	Student final Presentations	Final part of assessment
Unit 12	25/6/26	Student final Presentations	

Assessment dates

Module	1	2	3	4
Written assessment	5/2/26	19/3/26	7/5/26	18/6/26
U10 Filming	5/2/26	19/3/26	30/4/26	X
Presentations	12/2/26	26/3/26	14/5/26	25/6/26

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

Guest Speaker	Mod	Modality/Topic	Date
John McCormack	M1	Adverse Childhood Experiences (ACEs)	26/1/26
Fiona Cameron	M1	Attachment Theory	2/2/26
Saad Malik	M2	Sexuality (Gender)	9/2/26
Ishtar Swaffield & Ross Cairns	M3	Person Centred Therapy (PCT)	23/2/26
Alison Hunter	M3	Psychodynamic	2/3/26
Brett Buchanan	M3	Cognitive Behavioural Therapy (CBT)	16/3/26
Fiona Firman	M4	Transactional Analysis (TA)	11/5/26