

## August-December 2025

**CS01 Mondays full day (online):** 10.00am-12.30pm and 1.30pm-4.00pm

Including **Saturdays (online):** 10.00am-12.30pm and 1.30pm-4.00pm

**Tutor:** Gillian Dinnie

**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	25/08/25	Introductions, Expectations, Working agreement	
Unit 2	25/08/25	Defining a Counselling Approach	
Unit 3	1/09/25	Intro to Practice - Attending	
Unit 4	1/09/25	Intro to Practice - Responding	
Unit 5	<b>SAT</b> 6/09/25	Self-awareness, Johari Window & Guided Fantasy	
Unit 6	<b>SAT</b> 6/09/25	Essential Qualities - Acceptance	
Unit 7	8/09/25	Essential Qualities – Genuineness & Empathy	
Unit 9	8/09/25	Intro to Ethics - Confidentiality	
Unit 8	15/09/25	Integrated Practice	
Unit 10	15/09/25	FILMING	<b>Written assignment due on 15/09/25 by 5pm (1000 words).</b>
Unit 11	<b>SAT</b> 20/09/25	Student presentations	
Unit 12	<b>SAT</b> 20/09/25	Student presentations	
Module 2	Date		
Unit 1	22/09/25	Review of Mod 1. Working Agreement	
Unit 2	22/09/25	Intro to Structures: Boundaries & Beginnings	
Unit 3	29/09/25	Transitions. Attachment and Loss	
Unit 4	29/09/25	Structures: Middles & Focusing	
Unit 5	<b>SAT</b> 4/10/25	Structures: Middles. Change & Challenge	
Unit 6	<b>SAT</b> 4/10/25	Sexuality	
Unit 9	6/10/25	Structures: Endings	
Unit 8	6/10/25	Ethics: Working with Difference	Filming opportunity
Unit 7	<b>SAT</b> 11/10/25	Self-awareness. Motives & Values	<b>Written assignment due on 11/10/25 by 5pm (1500 words).</b>
Unit 10	<b>SAT</b> 11/10/25	Filming	
Unit 11	13/10/25	Student presentations	
Unit 12	13/10/25	Student presentations	
Module 3	Date		
Unit 1	<b>SAT</b> 25/10/25	Overview & Working agreement	
Unit 2	<b>SAT</b> 25/10/25	Theories	
Unit 3	27/10/25	Humanism & PCT	Audio recording opportunity
Unit 4	27/10/25	Psychodynamic	Audio recording opportunity
Unit 5	3/11/25	Life mapping	

Unit 6	3/11/25	Genograms	
Unit 7	<b>SAT</b> 8/11/25	CBT	Audio recording opportunity
Unit 8	<b>SAT</b> 8/11/25	Ethics - Power	
Unit 9	10/11/25	Spirituality	
Unit 10	10/11/25	Final audio recording if necessary *Next week off (17/11/25) for transcribing	<b>Transcript &amp; reflection assignment due on 17/11/25 by 5pm (1500 words).</b>
Unit 11	24/11/25	Student Transcript & Presentations	Final part of assessment
Unit 12	24/11/25	Student Transcript & Presentations	
<b>Module 4</b>			
<b>Unit 1</b>	<b>Date</b>		
Unit 1	1/12/25	Overview/Working agreement	
Unit 2	1/12/25	Gestalt	
Unit 3	<b>SAT</b> 6/12/25	Ethics – Boundary issues	
Unit 5	<b>SAT</b> 6/12/25	Transactional Analysis (TA)	
Unit 4	8/12/25	Social inclusion	
Unit 6	8/12/25	Stress	
Unit 7	<b>SAT</b> 13/12/25	Ethics – listener responsibilities – supervision	
Unit 8	<b>SAT</b> 13/12/25	Assessment Pt1	Assessment Triad 1.
Unit 9	15/12/25	Assessment Pt 2	Assessment Triad 2. <b>Written Assignment due on 15/12/25 by 5pm (2000 words).</b>
Unit 10	15/12/25	Assessment Pt 3	Assessment Triad 3.
Unit 11	22/12/25	Student final Presentations	Final part of assessment
Unit 12	22/12/25	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)	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