

September 2025-March 2026

CS02 Tuesday full day (online): 10.00am-12.30pm (morning) and 1.15-3.45pm (afternoon)

Tutor: Martin Innes

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

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

Module 1	Date		
Unit 1	02/09/25	Introductions, Expectations, Working Agreement	
Unit 2	02/09/25	Defining a Counselling Approach	
Unit 3	09/09/25	Intro to Practice – Attending	
Unit 4	09/09/25	Intro to Practice – Responding	
Unit 5	16/09/25	Self-awareness, Johari Window & Guided Fantasy	
Unit 6	16/09/25	Essential Qualities – Acceptance	
Unit 7	23/09/25	Essential Qualities – Genuineness & Empathy	
Unit 9	23/09/25	Intro to Ethics – Confidentiality	
Unit 8	30/09/25	Integrated Practice	
Unit 10	30/09/25	Skills Practice Assessment Filming (to ensure you have your own Zoom Acc.)	<i>Written assignment due on Wednesday 1/10/25 by 5pm (1000 words).</i>
Unit 11	07/10/25	Student reflective presentation	<i>Includes one to one check-in</i>
Unit 12	07/10/25	Student reflective presentation	<i>Includes one to one check-in</i>
	14/10/25	No class	
Module 2	Date		
Unit 1	21/10/25	Review of Mod 1. Working Agreement	
Unit 2	21/10/25	Intro to Structures: Boundaries & Beginnings	
Unit 3	28/10/25	Transitions. Attachment and Loss	
Unit 4	28/10/25	Structures: Middles & Focusing	
Unit 5	04/11/25	Structures: Middles. Change & Challenge	
Unit 6	04/11/25	Sexuality	
Unit 8	11/11/25	Ethics: Working with Difference	
Unit 9	11/11/25	Structures: Endings	
Unit 7	18/11/25	Self-awareness. Motives & Values	<i>Written assignment due on Wednesday 19/11/25 (1500 words) by 5pm.</i>
Unit 10	18/11/25	Skills practice assessment filming (Zoom Accounts).	
Unit 11	25/11/25	Student reflective presentations	<i>Includes one to one check-in</i>
Unit 12	25/11/25	Student reflective presentations	<i>Includes one to one check-in</i>
	02/12/25	No Class	
Module 3	Date		
Unit 1	09/12/25	Overview & Working agreement	
Unit 2	09/12/25	Theories	
Unit 3	16/12/25	Humanism & PCT	<i>Audio recording opportunity</i>
Unit 4	16/12/25	Psychodynamic	
Break for the Holidays			
Unit 5	06/01/26	Life mapping	
Unit 6	06/01/26	Genograms	
Unit 7	13/01/26	CBT	
Unit 8	13/01/26	Ethics – Power	
Unit 9	20/01/26	Spirituality	
Unit 10	20/01/26	Skills Assessment Audio Recording (Zoom Acc)	

	27/01/26	No class. Day for completing work on transcripts.	Transcript & reflection assignment due on Tuesday 27/01/26 by 5pm (1500 words).
Unit 11	03/02/26	Student Transcript & Reflective presentations	Final part of assessment
Unit 12	03/02/26	Student Transcript & Reflective presentations	
	10/02/26	No Class	
Module 4	Date		
Unit 1	17/02/26	Overview/Working agreement	
Unit 2	17/02/26	Gestalt	
Unit 3	24/02/26	Ethics – Boundary issues	
Unit 5	24/02/26	TA	
Unit 4	03/03/26	Social inclusion	
Unit 6	03/03/26	Stress	
Unit 7	10/03/26	Ethics – listener responsibilities – supervision	
Unit 8	10/03/26	Assessment Pt1	Assessment Triad 1.
Unit 9	17/03/26	Assessment Pt 2	Assessment Triad 2.
Unit 10	17/03/26	Assessment Pt 3	Assessment Triad 3. Written Assignment due on Tuesday 17/03/26 by 5pm (2000 words).
Unit 11	24/03/26	Student final reflective presentations	Final Day
Unit 12	24/03/26	Student final reflective 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