

August 2025 – March 2026

CS05: WEDNESDAY (all day online) 10am-12.30pm, 1.15-3.45pm.

Tutor: Brett Buchanan

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	27/08/25	Introductions, Expectations, Working agreement	
Unit 2	27/08/25	Defining a Counselling Approach	
Unit 3	03/09/25	Intro to Practice - Attending	
Unit 4	03/09/25	Intro to Practice - Responding	
Unit 5	10/09/25	Self-awareness, Johari Window & Guided Fantasy	
Unit 6	10/09/25	Essential Qualities - Acceptance	
Unit 7	17/09/25	Essential Qualities – Genuineness& Empathy	
Unit 9	17/09/25	Intro to Ethics - Confidentiality	
Unit 8	24/09/25	Integrated Practice	
Unit 10	24/09/25	FILMING	Filming opportunity <i>Written assignment due on 24/09/25 by 5pm (1000 words).</i>
Unit 11	01/10/25	Student presentations / 1:1	
Unit 12	01/10/25	Student presentations	
Module 2	Date		
Unit 1	15/10/25	Review of Mod 1. Working Agreement	
Unit 2	15/10/25	Intro to Structures: Boundaries & Beginnings	
Unit 3	22/10/25	Transitions. Attachment and Loss	
Unit 4	22/10/25	Structures: Middles & Focusing	
Unit 5	29/10/25	Structures: Middles. Change & Challenge	
Unit 6	29/10/25	Sexuality	Filming opportunity
Unit 9	05/11/25	Structures: Endings	
Unit 8	05/11/25	Ethics: Working with Difference	Filming opportunity
Unit 7	12/11/25	Self-awareness. Motives & Values	Filming opportunity <i>Written assignment due on 12/11/25 by 5pm (1500 words).</i>
Unit 10	12/11/25	Filming	
Unit 11	19/11/25	Student presentations / 1:1	
Unit 12	19/11/25	Student presentations	
Module 3	Date		
Unit 1	03/12/25	Overview & Working agreement	
Unit 2	03/12/25	Theories	
Unit 3	10/12/25	Humanism & PCT	Audio recording opportunity
Unit 4	10/12/25	Psychodynamic	Audio recording opportunity
Unit 5	17/12/25	Life mapping	
Unit 6	17/12/25	Genograms	
Unit 7	07/01/26	CBT	Audio recording opportunity
Unit 8	07/01/26	Ethics - Power	
Unit 9	14/01/26	Spirituality	
Unit 10	14/01/26	Final audio recording if necessary *Next week off (21/01/25)	<i>Transcript & reflection assignment due on 21/01/26 by 5pm (1500 words).</i>
Unit 11	28/01/26	Student Transcript & Presentations	Final part of assessment
Unit 12	28/01/26	Student Transcript & Presentations	

Module 4	Date		
Unit 1	11/02/26	Overview/Working agreement	
Unit 2	11/02/26	Gestalt	
Unit 3	18/02/26	Ethics – Boundary issues	
Unit 5	18/02/26	TA	
Unit 4	25/02/26	Social inclusion	
Unit 6	25/02/26	Stress	
Unit 7	04/03/26	Ethics – listener responsibilities – supervision	
Unit 8	04/03/26	Assessment Pt1	Assessment Triad 1
Unit 9	11/03/26	Assessment Pt 2	Assessment Triad 2 <i>Written Assignment due on 11/03/26 by 5pm (2000 words).</i>
Unit 10	11/03/26	Assessment Pt 3	Assessment Triad 3
Unit 11	18/03/26	Student final Presentations	Final part of assessment
Unit 12	18/03/26	Student final Presentations	Final part of assessment

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