

September 2025 – June 2026

CS09: FRIDAY mornings (on-campus) 10am-12.30pm and FRIDAY full days (on-campus) 10am-12.30pm and 1pm-3.30pm

Tutor: Cara Milor

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	29.08.25	Introductions, Expectations, Working agreement	
Unit 2	05.09.25	Defining a Counselling Approach	
Unit 3	12.09.25	Intro to Practice - Attending	10am-12.30pm
Unit 4	12.09.25	Intro to Practice - Responding	1pm-3.30pm
Unit 5	19.09.25	Self-awareness, Johari Window & Guided Fantasy	
Unit 6	26.09.24	Essential Qualities - Acceptance	
Unit 7	03.10.25	Essential Qualities – Genuineness & Empathy	
Unit 9	10.10.25	Intro to Ethics - Confidentiality	10am-12.30pm
Unit 8	10.10.25	Integrated Practice	1pm-3.30pm Filming Opportunity
Unit 10	17.10.25	FILMING	<i>Written assignment due on 17/10/25 by 5pm (1000 words)</i>
Unit 11	24.10.25	Student presentations	10am-12.30pm
Unit 12	24.10.25	Student presentations	1pm-3.30pm
Module 2	Date		
Unit 1	07.11.25	Review of Mod 1. Working Agreement	
Unit 2	14.11.25	Intro to Structures: Boundaries & Beginnings	
Unit 3	21.11.25	Transitions. Attachment and Loss	
Unit 4	28.11.25	Structures: Middles & Focusing	
Unit 5	05.12.25	Structures: Middles. Change & Challenge	
Unit 6	12.12.25	Sexuality	
Unit 7	19.12.25	Self-awareness. Motives & Values	
Unit 8	16.01.26	Ethics: Working with Difference	
Unit 10	23.01.26	Filming	10am-12.30pm <i>Written assignment due on 23/01/26 by 5pm (1500 words)</i>
Unit 9	23.01.26	Structures: Endings	1pm-3.30pm
Unit 11	30.01.26	Student presentations	10am-12.30pm
Unit 12	30.01.26	Student presentations	1pm-3.30pm
Module 3	Date		
Unit 1	13.02.26	Overview & Working agreement	10am-12.30pm
Unit 2	13.02.36	Theories	1pm-3.30pm
Unit 3	20.02.26	Humanism & PCT	Audio recording opportunity
Unit 4	27.02.26	Psychodynamic	10am-12.30pm Audio recording opportunity
Unit 6	27.02.26	Genograms	1pm-3.30pm Audio recording opportunity
Unit 5	06.03.26	Life mapping	Audio recording opportunity
Unit 7	13.03.26	CBT	10am-12.30pm Audio recording opportunity
Unit 8	13.03.26	Ethics - Power	1pm-3.30pm

			Audio recording opportunity
Unit 9	20.03.26	Spirituality	Audio recording opportunity
Unit 10	27.03.26	Final audio recording if necessary	
No class	03.04.26	Week off for transcribing.	Transcript & reflection assignment due on 02/04/26 by 5pm (1500 words).
Unit 11	10.04.26	Student presentations	10am-12.30pm
Unit 12	10.04.26	Student presentations	1pm-3.30pm
Module 4	Date		
Unit 1	24.04.26	Overview/Working agreement	10am-12.30pm
Unit 2	24.04.26	Gestalt	1pm-3.30pm
Unit 3	01.05.26	Ethics – Boundary issues	
Unit 5	08.05.26	TA	
Unit 4	15.05.26	Social inclusion	10am-12.30pm
Unit 6	15.05.26	Stress	1pm-3.30pm
Unit 7	22.05.25	Ethics – listener responsibilities – supervision	
Unit 8	29.05.26	Assessment Pt1	Assessment Triad 1. Written Assignment due on 29/05/26 by 5pm (2000 words).
Unit 9	05.06.26	Assessment Pt 2	Assessment Triad 2.
Unit 10	12.06.26	Assessment Pt 3	Assessment Triad 3.
Unit 11	19.06.26	Student final Presentations	10am-12.30pm Final part of assessment
Unit 12	19.06.26	Student final Presentations	1pm-3.30pm Final part of assessment

Assessment dates

Module	1	2	3	4
Written assessment	17.10.25	23.01.26	02.04.26	29.05.26
U10 Filming	17.10.25	23.01.26	27.03.26	x
Presentations	24.10.25	30.01.26	10.04.26	19.06.26

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

Guest Speaker	Mod	Modality/Topic	Date
John McCormack	M1	Adverse Childhood Experiences (ACEs)	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