

# EXAMPLE COURSE OUTLINE

## Transitional Year 2 Term 1

### Session 1.1

Theoretical Module: Embarking on the Relationship .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Session 1.2

Professional Framework: Evidence-Based Assessment .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Session 1.3

Professional Framework: CPCAB Agency Service Levels .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### Session 1.4

Theoretical Module: Understanding our own Explicit and Implicit Patterns .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Weekend Workshop 1

Depression and Self-Harm	
Suicide Risk Assessment .....	12 Hours

### Session 1.5

Professional Framework: The Importance of Ethical Practice/ Beginning Client Work and Contracting.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### Session 1.6

Professional Framework: Evidence-Based, Reflective Practice .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Session 1.7

Theoretical Module: Understanding and Working with a Client's Explicit and Implicit Patterns .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 1.8**

Theoretical Module: Multi-Cultural Understanding: Difference and Diversity 1 .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 1.9**

Professional Framework: Agency Policies and Procedures .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 1.10**

Theoretical Module: The Influence of Early Care Giving .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 2**

Short-Term Counselling.....	12 Hours
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**Session 1.11**

Theoretical Module: Attachment .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 1.12**

Professional Framework: Note Taking and Records.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Transitional Year 2 Term 2****Session 2.1**

Theoretical Module: Self-Support for the Counsellor .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.2**

Theoretical Module: Establishing the Frame.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 3 (Saturday)**

(Suggested) Trainees' Presentations.....	6 Hours
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**Session 2.3**

Theoretical Module: Ego Psychology.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.4**

Theoretical Module: The Client-Counsellor Relationship 1-Dual Relationships.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.5**

Professional Framework: A User-Centred Approach.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.6**

Professional Framework: Explicit and Implicit Patterns of Relating and CPCAB Agency Service Levels .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.7**

Professional Framework: Issues of Power in Relationships .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.8**

Theoretical Module: The Client-Counsellor Relationship 2 - The Importance of Counsellor Failure .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 4**

Drugs and Alcohol Grief and Loss .....	12 Hours
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**Session 2.9**

Theoretical Module: Understanding Skills, Techniques and Theories.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.10**

Theoretical Module: Changing the Frame.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.11**

Professional Framework: Anti-Discriminatory Practice in Counselling.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.12**

Professional Framework: Mental Health Issues .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Transitional Year 2 Term 3****Session 3.1**

Professional Framework: Ending a Counselling Contract.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.2**

Theoretical Module: Multi-Cultural Understanding: Difference and Diversity 2.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.3**

Theoretical Module: Using Dream Material .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 5**

Personal Responses to Mental Illness	
Eating Disorders.....	12 Hours

**Session 3.4**

Theoretical Module: Dilemmas .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.5**

Theoretical Module: Working Self-Reflectively and with Evidence-Based Practice ....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.6**

Professional Framework: The Concept of Evidence Based Practice and the CORE Tool.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.7**

Professional Framework: Evidence Based Practice -the CORE Tool .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.8**

Theoretical Module: The User-Centred Approach.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 6**

Anxiety	
Personality Disorders; Psychosis .....	12 Hours

**Session 3.9**

Professional Framework: Issues of Safety for the Counsellor.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.10**

Theoretical Module: Endings .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.11**

Professional Framework: Self and Peer Evaluation.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.12**

Professional Framework: BACP Accreditation and Continuing	
Professional Development .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins