

# EXAMPLE COURSE OUTLINE

## Year 1 Term 1

### Session 1.1

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

### Session 1.2

Professional Framework: Working Ethically .....	1hr30mins
Professional Framework: Evidence Based Assessment .....	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: Erikson and his Contribution .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Weekend Workshop 1

Short-Term Counselling.....	12 Hours
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### Session 1.5

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

### Session 1.6

Professional Framework: Values in Counselling .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### Session 1.7

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

### Session 1.8

Theoretical Module: Freud and his Contribution .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 1.9**

Professional Framework: (Suggested) Trainees' Presentations .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 1.10**

Professional Framework: (Suggested) Trainees' Presentations .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group .....	45mins

**Weekend Workshop 2**

Grief and Loss .....	12 Hours
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**Session 1.11**

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

**Session 1.12**

Theoretical Module: Adler and his Contribution.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Year 1 Term 2****Session 2.1**

Theoretical Module: The Therapeutic Frame.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.2**

Professional Framework: Trainees' Presentations.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 3 (Saturday)**

Mental Health .....	6 Hours
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**Session 2.3**

Professional Framework: Beginning Client Work and Contracting .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.4**

Theoretical Module: Introduction to Object Relations Theories-Melanie Klein .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.5**

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

**Session 2.6**

Professional Framework: Confidentiality.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.7**

Theoretical Module: Introduction to Object Relations Theories - Donald Winnicott ..	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group .....	45mins

**Session 2.8**

Theoretical Module: Explicit and Implicit Patterns: Understanding our own Explicit Pattern.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 4**

Working with Drugs and Alcohol.....	12 Hours
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**Session 2.9**

Professional Framework: Working within a Multi-Disciplinary Team.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.10**

Professional Framework: Evidence Based Practice and the CORE tool.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.11**

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

**Session 2.12**

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

## **Year 1 Term 3**

### **Session 3.1**

Theoretical Module: Matching Client and Counsellor .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 3.2**

Professional Framework: Limits of Personal Proficiency .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group .....	45mins

### **Session 3.3**

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

### **Session 3.4**

Theoretical Module: Theory, its Relevance and Importance to Personal & Professional Development .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Weekend Workshop 5**

Depression and Self-Harm Suicide Risk Assessment .....	12 Hours
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### **Session 3.5**

Professional Framework: Client Assessment .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 3.6**

Professional Framework: Explicit and Implicit Patterns .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Session 3.7**

Theoretical Module: Explicit and Implicit Patterns: Understanding Clients' Patterns .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 3.8**

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

**Session 3.9**

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

**Weekend Workshop 6**

Counsellor's Well Being	
Assessing Risk to Self .....	12 Hours

**Session 3.10**

Professional Framework: Depression and Anxiety .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.11**

Theoretical Module: Multicultural Understanding 2.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.12**

Theoretical Module: Ending and Reviewing of Year 1 .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

## **Year 2 Term 1**

### **Session 1.1**

Theoretical Module: Understanding Unconscious Defences .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Session 1.2**

Professional Framework: Client Work Experience .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Session 1.3**

Professional Framework: Explicit and Implicit Patterns .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Session 1.4**

Theoretical Module: Understanding and Working with Resistance.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Weekend Workshop 1**

Self-Awareness	
Anxiety Disorders.....	12 Hours

### **Session 1.5**

Professional Framework: Theoretical Model in an Agency Setting.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 1.6**

Theoretical Module: Holding, Splitting, Containment and Projective Identification....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Session 1.7**

Theoretical Module: Transference and Counter-Transference.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 1.8**

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

### **Session 1.9**

Theoretical Module: Trainees' Presentations .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 1.10**

Theoretical Module: Trainees' Presentations .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Weekend Workshop 2**

Post Traumatic Stress Disorder (PTSD)	
Anti-Discriminatory Practice.....	12 Hours

### **Session 1.11**

Theoretical Module: Introjection and Projection .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### **Session 1.12**

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

## **Year 2 Term 2**

### **Session 2.1**

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

### **Session 2.2**

Theoretical Module: Trainees' Presentations .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

### **Weekend Workshop 3 Saturday**

Exploring our own Stories .....	6 Hours
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**Session 2.3**

Professional Framework: Working With Endings.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.4**

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

**Session 2.5**

Professional Framework: Referring .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 2.6**

Professional Framework: When the Client Fails to Attend.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.7**

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

**Session 2.8**

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

**Weekend Workshop 4**

Eating Disorders	
Diversity Issues in Practice.....	12 Hours

**Session 2.9**

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

**Session 2.10**

Professional Framework: Power in the Counselling Relationship.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.11**

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

**Session 2.12**

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

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

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

**Session 3.2**

Professional Framework: Preparing for self and peer evaluation.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.3**

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

**Session 3.4**

Theoretical Module: Working Self-Reflectively.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 5**

Personality Disorder, Psychosis Making Ethical Decisions .....	12 Hours
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**Session 3.5**

Professional Framework: CORE Presentations.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.6**

Professional Framework: Self/Peer Evaluation 1.....	1hr30mins
Skills Practice: Self/Peer Evaluation 2.....	1hr45mins
Process Group.....	45mins

**Session 3.7**

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

**Session 3.8**

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

**Session 3.9**

Professional Framework: Self/Peer Evaluation 3 .....	1hr30mins
Skills Practice: Trainee Selected Topic.....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 6**

The Role of Counselling Research in Reflective Practice Development	
Endings.....	12 Hours

**Session 3.10**

Professional Framework: Trainee Selected Topic.....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 3.11**

Theoretical Module: Ending with Clients .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.12**

Theoretical Module: Review of the Course .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group .....	45mins