

# 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: Agency Service Levels.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

### Session 1.4

Theoretical Module: The Concepts of The Self, Life History and Patterns of Relating .....	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: Origins of The Humanistic - Existential Approach 1.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 1.8**

Theoretical Module: Origins of The Humanistic - Existential Approach 2 .....	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 Existential-Humanistic Approach and Multicultural Counselling.....	1hr30mins
Group Training Supervision .....	1hr45min
Process Group.....	45mins

**Weekend Workshop 2**

Short-Term and Goal Focused Counselling.....	12 Hours
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**Session 1.11**

Theoretical Module: Self-Esteem, Value System and The Self-Concept .....	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: Congruence .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.2**

Theoretical Module: The Question of Technique .....	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: The Existential Approach 1 .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.4**

Theoretical Module: The Existential Approach 2.....	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 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 Counselling Process: Beginning.....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Weekend Workshop 4**

Drug and Alcohol Counselling	
Grief and Loss .....	12 Hours

**Session 2.9**

Theoretical Module: Establishing The Frame, Boundaries and Contract .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Session 2.10**

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

**Session 2.11**

Professional Framework: Explore and Examine 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: The Counselling Process: Ending .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.3**

Theoretical Module: The Transference Hypothesis .....	1hr30mins
Group Training Supervision .....	1hr45mins
Process Group.....	45mins

**Weekend 5**

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

**Session 3.4**

Theoretical Module: Sex, Sexuality and Sexual Identity .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.5**

Theoretical Module: Psychopathology .....	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 - Using The Core Tool .....	1hr30mins
Skills Practice .....	1hr45mins
Process Group.....	45mins

**Session 3.8**

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

**Weekend Workshop 6**

Anxiety Disorders	
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: Developing a Humanistic-Existential Practice .....	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