

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: Ethical Practice.....	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: Origins of the Humanistic-Existential Approach.....	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Weekend Workshop 1

Short-Term Counselling	
Goal Focused Counselling	12 Hours

Session 1.5

Professional Framework: Agency Policies and Procedures; Agreeing on Trainees' Presentations	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: Establishing the Frame, Boundaries and Contract.....	1hr30mins
Skills Practice	1hr45mins
Process Group	45mins

Session 1.8

Theoretical Module: Maslow, Rogers, Core Conditions	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Session 1.9

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

Session 1.10

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

Weekend Workshop 2

Bereavement	12 Hours
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Session 1.11

Theoretical Module: Basic Principles of the Existential Approach	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 1.12

Theoretical Module: Working with Self-Awareness in the Counselling Process	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Year 1 Term 2**Session 2.1**

Theoretical Module: The Concept of Self in Humanistic-Existential Approach	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)

Personal Response to Mental Illness	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: Life History in Humanistic-Existential Counselling	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: Explicit Patterns of Relating in Humanistic-Existential Counselling	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 2.8

Theoretical Module: The Counselling Process: Beginnings.....	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 in 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: Challenging and the Counselling Process.....	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 2.12

Theoretical Module: The Counselling Process - Middle Stage.....	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Year 1 Term 3**Session 3.1**

Theoretical Module: Working in the Here and Now - Immediacy	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: Multicultural Understanding in the Humanistic-Existential Approach.....	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Weekend Workshop 5

Depression and Self-Harm Risk, Suicide and Emergency	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: The Counselling Process - The Ending Stage.....	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 3.8

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

Session 3.9

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

Weekend Workshop 6

Safety Issues for the Counsellor	
Dual Diagnosis	12 Hours

Session 3.10

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

Session 3.11

Theoretical Module: Towards an Integrated Humanistic-Existential Practice	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: Re-Embarking on The Relationship	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: Configurations within Self	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Weekend Workshop 1

Self-Awareness Day	
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: Formative Life History in Humanistic-Existential Approach	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Session 1.7

Theoretical Module: Working with Implicit Patterns; Meeting at a Relational Depth.....	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 1.8

Theoretical Module: Trainees' Presentations	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: The Wheel of Existence 1	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: The Wheel of Existence 2	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 1.12

Professional Framework: User-centred approach	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Year 2 Term 2**Session 2.1**

Theoretical Module: Narrative	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: Congruence	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 doesn't show up	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Session 2.7

Theoretical Module: The Question of Technique.....	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 2.8

Theoretical Module: Assessment and Diagnosis in Humanistic-Existential Approach	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: The Therapeutic Relationship	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 2.12

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

Year 2 Term 3**Session 3.1**

Theoretical Module: Inter-subjectivity	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: Sex, Sexuality and Sexual Identity	1hr30mins
Group Training Supervision	1hr45mins
Process Group.....	45mins

Weekend Workshop 5

Psychosis and Personality Disorders Developing Ethical Practice.....	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: Body Mind	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 3.8

Theoretical Module: The Ethical Use of Touch in Counselling	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	
Summary and Goodbye	12 Hours

Session 3.10

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

Session 3.11

Theoretical Module: Psychopathology in Humanistic-Existential Approach.....	1hr30mins
Skills Practice	1hr45mins
Process Group.....	45mins

Session 3.12

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