

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