

**MA Psychotherapeutic Practice
Therapy and Context
Draft Timetable**

Date 9am – 9:15am is time to check in with your peers. Please be ready to start at 9:15am	Counselling Practice/Personal Development 9:15 – 12:15	Lunch 12:15 – 1	Theory 1 – 2:30	Closing Round 2:30 – 3:30
21st January Bev away (Katie to cover)	Welcome Back! Opening Grounding Circle Mindfulness Inside and Outside the Therapy Room: Tools and Strategies for Supporting Both Clients and Counsellor, with Janaina Preparation for next week: Research therapy notes/intake assessments (client history)/mental health assessments		Guest Speaker: Ceri Bell – Mental Health and Capacity. Ceri will share insights from her professional experience, including her time on placement and in her current workplace. RECAP: Humanistic Quiz, Questions and Discussions Semester Two Preparation Preparation for next week: Please bring your research on therapeutic approaches to working with addiction, including an analysis of the strengths and limitations of the humanistic approach.	
28th January	Opening Grounding Circle Placement Preparation One: Meeting 2nd year students Emma and Elaine. • Note Taking • Intake Assessments • Core 10 • Anxiety Scales • Therapeutic Progress Measures • Client Reviews • Dress code?		Understanding and Working with Addiction (Watch Gabor Mate's video on Moodle)	Play and Creativity: For Personal Development and Professional Practice (Natalie Hunt)

	Discussion: Self Disclosure and Congruence in Therapy Preparation for next week: Please review the placement documentation and come prepared with any questions you may have.			
4 th February	Opening Grounding Circle Placement Preparation Two: Placement Handbook, Folders and Documentation. Skills Observations One (Please see the timetable on Moodle) Preparation for next week: Research humanistic approaches to working with anxiety in therapeutic practice.		Stress: From Mild to Chronic Explored through the perspectives of Person-Centred, Gestalt, and EFT approaches. Mental Health and Diversity Examining models of harm reduction and discussing the potential limitations of preferred approaches. Psychopharmacological Support and Interventions Understanding their role and impact on the therapeutic process	Placement Reflections and Preparation: Q&A Session with Kelly and Mary, Third-Year Students
11th February Katie Away (Janaina to cover skills and Bev to cover PD)	Opening Grounding Circle Counselling Skills for Working with Anxiety: Please bring your research to contribute to the discussion. Skills Observations Two		Anxiety Explored through the perspectives of Person-Centred, Gestalt, and EFT approaches. Diversity Examining models of harm reduction and discussing the potential limitations of preferred approaches. Psychopharmacological Support and Interventions Analysing their role and	PD Groups: Engage in self-reflection on your relationship with anxiety, exploring your personal values, beliefs, attitudes, and behaviours

			impact on the therapeutic process.	
18 th February	Opening Grounding Circle Gestalt Empty Chair Work: Demonstration and Practice Exploring anxiety through the empty chair technique. Skills Observations Three		Working with Depression: Holding Hopelessness Explored through the perspectives of Person-Centred, Gestalt, and EFT approaches. Diversity Examining models of harm reduction and their application in diverse contexts. Critical Discussion Exploring potential limitations of preferred methods and their impact on the therapeutic process.	PD Groups: Reflect on your personal relationship with depression and hopelessness, examining your values, beliefs, attitudes, and behaviours.

READING WEEK

4 th March	Presentations (in person with Katie) and Online Day Experience (with Janaina) Including reflections on your skills assessment. Skills Practice Four			
11 th March	Presentations (in person with Katie) and Online Day Experience (with Janaina) Including reflections on your skills assessment. Skills Practice Four Preparation for Next Week: Research brief therapy and the application of a humanistic approach to short-term practice.			
18 th March	Opening Grounding Circle Humanistic Approach to Brief Therapy Working within a framework of 6–12 sessions.		Clinical Supervision: Understanding its purpose and learning how to be an effective supervisee.	Placement Preparation: Safeguarding, suicide prevention, and essential considerations for working online.

	Skills Practice Observation Five			Exploring models of harm reduction and understanding the requirements for protecting vulnerable adults. 4:30 finish
25th March (Online)	Opening Grounding Circle Skills Practice Online		Online, Telephone Therapy and Supervision	Online Personal Development Group Journey
1st April	Placement Preparation: Trauma and Shame in the Therapy Room Focusing on Phase One: Stabilisation. Guest Speakers: Jessie Jones and Jill Duarte <i>Working with Asylum Seekers and Refugees</i>		Eco-Mind: Cultivating Mental Health Sustainability in Practice	Peer Group Supervision: Navigating Challenging Situations and Addressing Breaches of the Therapeutic Contract Followed by: Q&A Session 4:30 finish

Easter Break

29 th April Labs 9am – 12 Room 304	Placement Preparation Workshops Plus: An Opportunity to Meet Placement Providers
6 th May Labs 9am – 12 Room 304	Tutorial, readiness to practice interviews and portfolio presentations
13 th May Labs 9am – 12 Room 304	Endings: Facilitating the Closing Group Process with an Early Finish

