

Framing Therapeutic Practice

DATE	<u>SKILLS</u> 9:30am – 12pm	<u>Lunch</u> 12pm – 1pm	<u>THEORY</u> 1pm – 2:30pm	<u>PD 2</u> 2:30pm – 4:30pm
17th September	Arrive by 9am 9:30 – <i>Welcome to Year One: Induction Day</i> 11:30 – 12noon <i>Student Screening</i> • Introduction to Moodle • Hwb • Digi Skills • Students Voice • Year 1 Portfolio Connecting and Authentic Relating – <i>Showing up just as you are with Katie Ruddy</i> Homework: • <i>Read- Introduction to the Therapeutic Frame Chapters 1, 3 and 4</i>			
24th September	Skills Assessment Overview Exploring The Therapeutic Frame Triad Practice 1 Journalling/Reflective Practice Homework: <i>Read Skills in Gestalt - Chapter 1 – The Important First Steps and Chapter 4 – The Therapeutic Relationship</i>	12pm – 1pm	Introduction and Philosophical Roots of Humanistic Counselling Assumptions About Human Nature and Development	Welcome to the Personal Development Group! Group exploration around personal development and working together

1st October	Exploring Personal and Professional Boundaries in the Therapy Room Triad Practice 2 Homework: <i>Read Skills in Gestalt Chapter 12, Awareness</i>	12pm – 1pm	The Therapeutic Frame, Presence and Ethical Practice	Creative Exploration of Group Dynamics Homework: 🎨 Read Skills in Gestalt- Chapter 2, Phenomenology and Field Theory Research the Wheel of Consent
8th October	Phenomenological Noticing and Awareness Triad Practice 3 Journalling/Reflective Practice Homework: <i>Read Skills in Gestalt Chapter 14, Embodied Process</i>	12pm – 1pm	Therapeutic Relationship, Client Motivation, and The Therapeutic Change Process	Personal Development Through Group Process
15th October	Working with Emotions Triad Practice 4 Homework: <i>Read Chapter 10, Experimenting</i> Journalling/Reflective Practice	12pm – 1pm	Foundations of Key Therapeutic Approaches- Foundations of Person-Centred, Gestalt, and Existentialism	Focusing Group Process
22nd October	Bringing Creativity into Therapy Introduction to Experimentation Triad Practice 5	12pm – 1pm	1pm – 2pm Library Tour	Workshop One, led by Katie Ruddy and Supported by Ruth Groff Journey to the Self: <i>Embracing Your Inner Voice and Boundaries—Based on the wheel of</i>



	Journalling/Reflective Practice Homework: <i>Read Skills in Gestalt Chapters 7 and 18</i>			<i>consent, explore your yes and no with physical and emotional contact.</i> and Saying no with kindness Homework: <i>Read Skills in Gestalt Chapter 11, Making Contact</i>
	READING WEEK			
5th November Essay due 4th November	Resourcing the client: Q&A Discussions Exploring and Enhancing: - Self-care - Self-compassion Triad Practice 6 Journalling/Reflective Practice	12pm – 1pm	Introduction to Somatic Psychotherapy and, Transference and Countertransference	Open Heart Breathwork Journey <i>Bring a mat/blanket/eye mask and any self-regulation resources for the workshop today.</i>
12th November	Skills Assessment Recording			
19th November	Triad Practice – <i>Work with someone new!</i> Journalling/Reflective Practice	12pm – 1pm	Difference and Diversity in Therapy	Process Group Experience Homework: <i>Bring a mat/blanket and any self-regulation resources for next week's workshop</i>
26th November	Endings and Preparing for Endings Triad Practice – <i>Work with someone new!</i> Journalling/Reflective Practice	12pm – 1pm	Clinical Supervision - One to one - Group - Peer	Workshop Two: Confidence beyond the Personality (<i>Based on work by Ed Rooke</i>)



3 rd December	Peer Group Supervision Experience	12pm – 1pm	1pm – 4:30pm Tutorials and Independent Study	3 rd December
10 th December Skills hand in 9 th .	Guest Speaker One Amanda Tully <i>From Loss to Light: A Workshop on Grief Counselling</i>	Shared lunch and early finish 😊		
	CHRISTMAS BREAK			