

Weekly Planner

Subject to adaptation and changes

Semester One

Teaching	Themes	Face-to-to (On-Campus) Monday 10-1pm	Asynchronous (A) or Synchronous teaching (S) Wednesday 12-2pm
			(Please review the following information prior to the Monday Sessions)
Week 1: Sept 28 th	Introduction to the Module and Module Delivery	Developing the Module Structure Aims, Expectations and Learning Outcomes Theory – Humanistic Approaches ✓ Person Centred ✓ Gestalt ✓ Emotion Focused Therapy (EFT) ✓ Transactional Analysis (TA) Working with Relational Depth Pluralistic Practice – Integrated Method Journal Reflective Exercise – This activity is about expanding your knowledge; linking theory to practice, by researching and peer reviewed journal articles that discuss humanistic counselling practice. Personal Tutor Meetings	Sept 30th Your first Wednesday session will be (Asynchronous). You are expected to review the following links and be prepared to discuss for next week sessions (A)Review of Relational Depth (Mick Cooper) https://www.youtube.com/watch?v=8mnm17MqFqw Rory Lee Oakes: Relational Depth – Dialogical Self. Martin Buber – ‘I Thou’ https://www.youtube.com/watch?time_continue=59&v=7bZCATLqqrQ&feature=emb_logo Journal Reflective exercise: Linking Theory to practice Personal Tutor Meetings
Week 2: Oct 5 th	Relational Depth	Placement Workshop I Bev and Ruth	Discussion & Theory • Working at Relational Depth - Oct 7th (Asynchronous) Review Pluralistic Framework Phenomenology - Person Centred Theory https://www.youtube.com/watch?v=ZBjhUJ0qzyU

			<i>What does it require</i> • Counselling online/telephone	Mick Cooper https://www.youtube.com/watch?v=n-8yVvK9HUY Pluralistic Counselling Training https://mick-cooper.squarespace.com/pluralistic-therapy Pluralistic Practice https://pluralisticpractice.weebly.com/ Journal Reflective Exercise
Week 3: Oct 12th	A Pluralistic Framework	Placement Workshop II Bev and Ruth	Discussion & Theory • Phenomenology and Pluralistic Approach Structure of Practice Skills & Recordings	October 15th (Synchronous) ONLINE SESSION Continue to Review themes on Pluralistic Framework. Q & A Journal Reflective Exercise
Week 4: Oct 19th	A Pluralistic Framework	Gold Fish Bowl Linking Theory to Practice	Counselling Practice	October 21st (Asynchronous) REVIEW Gestalt Rory Lee Oaks – counselling tudor.com https://www.youtube.com/watch?time_continue=306&v=h2aUmhyopX0&feature=emb_logo Recorded Lecture on Gestalt Journal Reflective Exercise
Reading Week Oct 26th				
Week 5: Nov 2nd	Review of Gestalt	Discussion & Theory Gestalt and various Techniques	Counselling Practice	(Nov 4th) Synchronous Continue to Review Gestalt Q&A

		"Chair Work"		Journal Reflective Exercise
Week 6: Nov 9th	Working with Gestalt	Placement Updates Peer Supervision Personal Tutor Meetings	Counselling Practice	Nov 11th (Asynchronous) Working With Emotions EFT – Primary and Secondary Robert Elliot https://www.youtube.com/watch?v=D8lmjmJ0OPg Robert Elliot https://www.youtube.com/watch?v=kNRg2DFtgOw Brene Brown - Shame and accountability https://brenebrown.com/podcast/brene-on-shame-and-accountability/ Journal Reflective Exercise
Week 7: Nov 16th	Working with Emotions	Counselling Practice		Nov 19th (Synchronous) Attachment Theory – Attachment Survey Journal Reflective Exercise
Week 8 Nov 23rd	Attachment	Discussion on Attachment Styles	Counselling Practice	Nov 25th (Asynchronous) Transactional Analysis (TA) https://www.youtube.com/watch?v=NfluXG8AN9Y Journal Reflective Exercise
Week 9 Nov 30th	Working With TA	Discussion on TA	Counselling Practice	Dec (Synchronous) Q&A Journal Reflective Exercise
Week 10 Dec 7th	FEEDBACK	Counselling Practice		Preparations for 2 nd Term