



Module information

Module 1	
Module Title	Introduction to Integrative Principles and Self Awareness
Level	4
Credit Points	40
Start Term	Winter
Aims	<p>This module lays the foundation for the three-year course. The student is supported to find their place in the training group and to establish the foundation for professional and personal growth. The opportunity to understand the foundations of Integrative thinking is presented and students are encouraged to deepen their connection with themselves and to be curious about themselves in relation to others.</p> <p>The basic counselling skills are introduced with the opportunity to practice these and receive feedback.</p>
Module 2	
Module Title	An introduction to counselling theories and skills
Level	4
Credit Points	40
Start Term	Spring
Aims	<p>This module provides the opportunity for the students to gain a deeper understanding of each of the main schools of counselling theory. Students are then encouraged to critically reflect on each modality. The focus then becomes on the nature of the counselling relationship and the fundamental of the intersubjective relating.</p>
Module 3	
Module Title	Practitioner reflexivity and professional ethics
Level	4
Credit Points	40
Start Term	Summer
Aims	<p>This module aims to build on previous learning by introducing the concept of the Working Alliance and with that, a knowledge of the concept of rupture and repair and working in an anti-oppressive way. The idea of working within a therapeutic frame is also introduced. Reflections on personal and professional development over the year in the form of a self and peer assessment is undertaken along with a book presentation.</p>
Module 4	
Module Title	Working at Relational Depth
Level	5
Credit Points	40

Start Term	Autumn
Aims	This module builds on the learning from Year 1 and introduces specific theories and models that underpin the counselling relationship. The student is supported to develop both their knowledge and skills to enable them to start working in placement.
Module 5	
Module Title	Development of the Self and Intersubjectivity
Level	5
Credit Points	40
Start Term	Spring
Aims	This module extends understanding of the developmental and intersubjective process as well as unconscious process. Working with trauma and relational deficits is introduced; equipping practitioners with understanding and skills needed for placement work.
Module Title	Anti-oppressive practice and creating a personal integrative framework
Level	5
Credit Points	40
Start Term	Summer
Aims	This module builds on self-reflection, deepening understanding of the self of the counsellor. This work includes greater consideration of anti-oppressive practice with the accompanying requirement to examine personal prejudices. Working using cognitive behavioural approaches is introduced. The foundation of knowledge and personal awareness is now in place for the student develop their own personal integrative framework.
Module 7	
Module Title	Co-creation of the therapeutic relationship
Level	6
Credit Points	30
Start Term	Autumn
Aims	This module provides the opportunity for the students to deepen their understanding of the therapeutic relationship. Students will revisit the unconscious processes at work in relationships and learn about enactments and further types of transference. The focus on intersubjective theory through a phenomenological approach provides a framework for understanding the dialogic process together with the nature of bodywork in counselling.
Module 8	
Module Title	The fragile client
Level	6
Credit Points	30
Start Term	Spring
Aims	This module aims to provide students with the opportunity to deepen awareness of self, self-in-relationship and the intersubjective relationship. Students will gain knowledge of current thinking regarding psychological trauma, interpersonal rupture and mental health presentations.

Module 9	
Module Title	Integrating theory and practice
Level	6
Credit Points	60
Start Term	Summer
Aims	This module aims to provide students with the opportunity to consolidate therapeutic skills and present evidence of themselves as experienced reflective practitioners. Students will be given opportunities to critically evaluate, compare and analyse complex theoretical issues in relation to client material and articulate these verbally and in writing. They will have the opportunity to undertake a personal research proposal demonstrating an understanding of research methods and underlying ethical principles.