

Higher Diploma in Therapeutic Counselling

Course Outline

Unit 1 – Introduction, Self-Discovery and Reflection

- Review of counselling skills and theoretical knowledge, including risk assessment, formulation, ethical frameworks, and self-discovery/reflection exercises
- **Assessed Coursework:** 1 × 1,500-word reflective journal

Unit 2 – Specific Presentations

- Understanding and working with PTSD, stress and anxiety, depression, and OCD
- **Assessed Coursework:** 3,000-word essay

Unit 3 – Bereavement

- Models of loss and grief; loss within a wider context
- **Assessed Coursework:** 1 × 1,500-word reflective journal

Unit 4 – Addiction

- Types and theories of addiction
- **Assessed Coursework:** 1 × 1,500-word reflective journal

Unit 5 – Working with More Than One Client

- Considerations and skills when working with more than one client, including couples, groups, and families
- **Assessed Coursework:** 1 × 1,500-word reflective journal

Unit 6 – Professional Practice Issues and Continuing Professional Development (CPD)

- Confidentiality, suicide and self-harm, supervision, and CPD
- **Assessed Coursework:** Completed CPD plan

Unit 7 – Private Practice

- Requirements for private practice, including risk and practice management

Additional Assessment Requirements

- **Presentation:** A discreet piece of client work or a technique, tool, or approach used within your practice (20-minute delivery plus 10-minute Q&A)
- **Practice Hours:** 50 hours of supervised client work (private practice or voluntary placement)

Course Requirements

- 150 contact hours over the year
- Minimum attendance requirement of 85%