



COSCA (Counselling & Psychotherapy in Scotland)
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COSCA'S GROUP COUNSELLING SKILLS COURSE

➤ **What is the Course Structure?**

The course is structured around themes and issues related to the life-span of a group, using the beginnings, middles and endings approach that will be familiar to those who completed the COSCA Counselling Skills Certificate.

The course will be delivered over 36 hours and includes 5 sections of differing lengths. The core of the learning comes from participants working with their own life experiences and engaging in guided reflection on their membership of current and previous groups. For further information on this, please see the course outline on COSCA's website www.cosca.org.uk - under courses/group counselling skills/course outline.

➤ **Who is the Course For?**

This new course is offered in response to requests for training in using the counselling approach not only with individuals, but also in group settings. As such, it offers a dynamic and well informed approach to learning group counselling skills.

The focus of this course is the development of participants' group counselling skills as group leaders and facilitators. The course will give participants the opportunity to build on their previous learning of counselling skills for use with individuals. Primarily, it will assist participants to develop their knowledge and use of group counselling skills.

➤ **How to Apply:**

- to Deliver the Course:** Applications from training providers to deliver this course can be made to COSCA using the COSCA Specialist Course Validation application form. Please see COSCA's website under validation/specialist. www.cosca.org.uk
- to be a Course Participant:** Those interested in applying to be a participant on this course should make enquiries with their local COSCA validated training provider and consult the COSCA website for our list of validated providers under courses/group counselling skills/providers. www.cosca.org.uk

August 2018

Charity Registered in Scotland No. SC018887

Charitable Company Limited by Guarantee Registered in Scotland No. 142360