



COSCA

Counselling & Psychotherapy
in Scotland

Scotland's Professional Body for
Counselling and
Psychotherapy



Vision

a listening, caring society that values **people's wellbeing**

Scotland's Professional Body for

Aims

As Scotland's professional body for counselling and psychotherapy, COSCA has specific aims to achieve our vision:

- to advance and support all forms of counselling, psychotherapy, and the use of counselling skills
- to promote high quality training, supervision and continuing professional development for all individuals and agencies delivering counselling and psychotherapy services and education in Scotland.



Value Statement

COSCA believes and acknowledges that every counsellor, psychotherapist, supervisor and user of counselling skills in Scotland should:

- work ethically under an established ethical framework for good practice
- be a member of an appropriate professional body
- have appropriate training
- have access to a full range of professional support.

COSCA believes that every client has a right to:

- be able to make informed choices about counselling and psychotherapy services
- have access to an assured quality service and a suitable complaints procedure.

Counselling and Psychotherapy



Activities

COSCA's activities include:

- informing and influencing policy making on key issues
- providing information on choosing a counsellor or psychotherapist
- providing information on finding a therapist
- promoting and monitoring ethical practice
- professionally validating and providing information on training courses
- accrediting individual counsellors, psychotherapists and trainers
- developing good practice among organisations
- producing COSCA's journal, Counselling in Scotland
- holding seminars, conferences and other events
- working with other professional bodies, and local and national agencies



Membership of COSCA

Being a member of COSCA:

- is a statement, increasingly demanded by the public, funders and employers, that you are working within the ethical and practice framework of a recognised professional body
- provides many opportunities to influence both the future of COSCA and counselling and psychotherapy in Scotland
- gives you reductions in the cost of COSCA's events and publications.

COSCA membership is open to organisations and individuals who:

- support COSCA's aims
- agree to abide by COSCA's Statement of Ethics and Code of Practice
- meet the criteria for membership

If you would like to become a member of COSCA you can download application forms from our website. www.cosca.org.uk or contact our office.



Becoming Involved in COSCA's Work

Volunteering with COSCA is a great way to gain experience in the counselling/psychotherapy field and you'll learn a lot about COSCA and its work.



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