

COSCA

Counselling Supervision Certificate (Parts 1&2)



Delivered by



Supported by



THE UNIVERSITY
of EDINBURGH

Course Outline

INTRODUCTION

The course is aimed at counselling practitioners with a Diploma or Counselling Skill users with no less than the successful completion of the COSCA Counselling Skills Certificate as their training. It is designed to stimulate the less experienced practitioner into better understanding and use of supervision, as well as to provide a significant first step for the longer trained and more experienced practitioner in the role as supervisors.

THE COURSE

The COCSA Counselling Supervision Certificate Course for Supervisors and Supervisees is delivered in two parts:

Part One - Counselling Supervision Skills Certificate course gives practitioners an in depth understanding of supervision and how to use it effectively. The certificate can be completed in its own right or used as the first step in gaining the Counselling Supervision Certificate.

Part Two - Counselling Supervision Certificate requires participants to have a diploma in counselling skills, or the equivalent. This is designed for those who complete the 12 units, the transcript assignment and the additional elements subsequently, within a time frame of not more than 12 months after completing the course.

Additional Elements:

- A case study on work with one supervisee
- Completing a minimum 12 hours working as a supervisor
- Receiving supervision at a ratio of 1-hour supervision to 6 hours supervision practice

WHO IS THE COURSE SUITABLE FOR?

Part One **the Certificate in Counselling Supervision Skills** requires participants to have no less than the COCSA Counselling Skills Certificate (or equivalent) as their training.

Part Two **the Certificate in Counselling Supervision** requires participants to have a Diploma in Counselling (or Equivalent) and substantial, at least two years' experience as a counselling practitioner, be in a counselling supervisory relationship and minimum of 150 hours supervised client work.

THE AIMS OF THE COURSE ARE:

- To introduce participants to essential **theoretical concepts** of counselling supervision
- To introduce practice **skills** essential to supervision
- To provide participants with an **opportunity to practise** these skills in a safe and supportive environment
- To set these skills and the theory within **an ethical framework**
- To increase **personal growth** and **self-awareness** as pertinent to counselling supervision
- To provide a suitable **foundation for possible further training** in supervision

THE LEARNING OUTCOMES ARE:

At the end of the course, participants will have the Essential Skills of a Supervisor and will be able to:

1. Demonstrate an ability to negotiate the working agreement to include the responsibilities and their limits of both supervisor and supervisee in this relationship
2. Demonstrate an ability to negotiate and identify the supervisee's needs and agree focus/ agenda for the individual session
3. Demonstrate listening and appropriate allowance of space for the supervisee to reach discoveries and insights
4. Use support and challenge effectively
5. Demonstrate understanding of non-verbal and unconscious forms of communication e.g. transference issues, the parallel process and an ability to use them
6. Acknowledge, accommodate and make use of the supervisee's emotional reaction to clients
7. Acknowledge, accommodate and make use of their own emotional reaction to supervisee in service of the client
8. Use self-disclosure and examples from their own work appropriately and effectively
9. Refer to theoretical frames; to models of supervision in analysing and reflecting upon what is happening in the supervision session
10. Support supervisee's growth in areas of skills, theory (conceptualising problem) and self-awareness in the process
11. Demonstrate awareness of ethical issues and ability to work with them
12. Bring the session to an end sensitively and supportively (summarising)
13. Be able to give feedback to supervisees

This list shows the criteria against which participants will be assessed. Understanding the concepts listed and an ability to begin to incorporate their use in practice sessions must be demonstrated at some point in the course in order to gain the certificate.

Part One - Counselling Supervision Skill Course

CONTENTS

The course begins with introductions and then goes on to provide a structure for applying the essential skills of a counselling supervisor to a supervision session. It then introduces participants to two models of supervision.

Over the next two units it deepens participants' understanding of hidden communications and highlights the role and function of transference and countertransference in both supervision and therapy. How to work as a supervisor within ethical statements and frameworks is explored over the next two units.

Contracts between counsellor and supervisor are discussed and sample working agreements are offered to participants.

With reference to channels of information other than verbal communication, participants are provided with opportunities to develop creative approaches to supervision.

The course ends with participants engaging in integrated skills practice and self-evaluation in relation to the learning outcomes of the course.

ASSESSMENT

Formative assessment of participants is undertaken throughout the Course as part of the teaching so that discernment and support are part of the same process.

Trainers encourage discussion and input of various kinds from the students during presentations and are present among the practice triads, staying long enough to witness and provide feedback for the person in the supervisor's role.

The trainer uses the list of The Essential Skills of a Supervisor (see pg15 of Course Handbook) to assess participants and whether they have met the criteria for successful completion of the Course. Every intervention of the trainer is informed by these criteria, which also serve the purpose of modelling styles of communication appropriate in supervision.

The written assignments and the transcript/analysis provide the focus for the summative assessment. Here the student needs to demonstrate skills and theoretical understanding; the ability to self-reflect and be sensitive to unconscious communications; and knowledge of the course reading.

Part Two – Counselling Supervision Certificate Course

CONTENTS

The course begins with introductions and then goes on to provide a structure for applying the essential skills of a counselling supervisor to a supervision session. It then introduces participants to two models of supervision.

Over the next two units it deepens participants' understanding of hidden communications and highlights the role and function of transference and countertransference in both supervision and therapy. How to work as a supervisor within ethical statements and frameworks is explored over the next two units.

Contracts between counsellor and supervisor are discussed and sample working agreements are offered to participants.

With reference to channels of information other than verbal communication, participants are provided with opportunities to develop creative approaches to supervision.

- **Part One** of the course ends with the participants engaging in integrated skills practice and self-evaluation in relation to the learning outcomes of the course.
- **Part Two** of the course involves participants in completing a minimum of 12 hours working as supervisors and having supervision at a ratio of 1:6. It also includes the completion of a case study based on one supervisee.

ASSESSMENT

Formative assessment of participants is undertaken throughout the course as part of the teaching so that discernment and support are part of the same process.

Trainers encourage discussion and input of various kinds from the students during presentations and are present among the practice triads, staying long enough to witness and provide feedback for the person in the supervisor's role.

The trainer uses the list of The Essential Skills of a Supervisor (see page 16 of Course Handbook) to assess participants and whether they have met the criteria for successful completion of the course. Every intervention of the trainer is informed by these criteria, which also serve the purpose of modelling styles of communication appropriate in supervision.

The written assignments, transcript/analysis and the case study (2000-2500 words) provide the focus for the summative assessment. Here the student needs to demonstrate skills and theoretical understanding; the ability to self-reflect and be sensitive to unconscious communications; and knowledge of the course reading.

TRAINERS

Cruse Scotland Trainers who are facilitating this course are accredited by COSCA and are highly experienced in both training and practice roles

SCQF CREDITS AND LEVELS AWARDED TO COURSE

Counselling Supervision Skills Certificate - 10 SCQF credits at SCQF level 9.

Counselling Supervision Certificate - 15 SCQF credits at level 9 (note: this includes the 10 credits at SCQF level 9 allocated to the Counselling Supervision Skills Certificate Course)

ATTENDANCE

100% attendance is expected. The minimum attendance is 11 out of the 12 units to be considered for certification. Units 11 and 12 are compulsory for those wishing to complete Part Two - Certificate in Counselling Supervision.

VALIDATION STATUS

This Course is validated by COSCA.

Edinburgh University supports Cruse Scotland through the award of Community Grants to enable growth and sustainability in our supervision capacity. Please highlight in your application if you are ex alumni of Edinburgh University.

COURSE DATES

28th & 29th September 2019
2nd & 3rd November 2019
30th November & 1st December 2019

Training day timings 9.30am – 4.30pm.

VENUE

The course will be held in Edinburgh – venue to be confirmed

COSTS

The course costs £600.00

We will **waive** the cost of the course for Cruse Scotland volunteers. In order to remain registered as a **Cruse Scotland volunteer**, we request that in return you **commit** to a minimum of **two years volunteer service** following successful completion of the training course. If you have chosen to not register as a Cruse Scotland Volunteer, we ask for a deposit of £60 (non-refundable). Please return your £60.00 deposit to secure your place on the course with your application form.

For further information, please contact by email training@crusescotland.org.uk or phone – 01738 444178

Cruse Scotland is the training provider for this course. Our policies include anti-discrimination, equal opportunities, complaints and grievance procedures.



**CLOSING DATE FOR APPLICATIONS IS
MONDAY 12TH AUGUST 2019**

