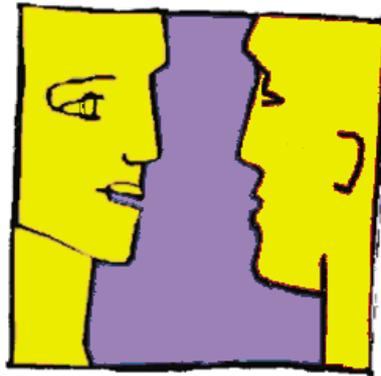




# FOUNDATIONS OF HUMAN RELATIONS AND COUNSELLING

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## INITIAL EXPERIENTIAL AND PROFESSIONAL TRAINING IN PSYCHODYNAMIC COUNSELLING AND PSYCHOTHERAPY



### **COSCA VALIDATED COURSE**

*Equivalent to the COSCA Certificate in Counselling Skills  
considered by most institutions as a pre-requisite for  
further study to become a counsellor or psychotherapist*

## COURSE

The **Foundations of Human Relations and Counselling (FHRC)** programme provides an introduction to psychodynamic ideas about what it means to be human, together with experiential training in communication and counselling skills incorporating psychodynamic principles. This course gives unparalleled insight into the complexities of human interactions and is a foundation for the use of advanced communications and counselling skills. The course would be ideal for people who are looking to improve their personal and professional interactions or to explore further steps towards gaining qualifications in counselling and psychotherapy. Teachers, social workers and other 'people-facing' professionals are offered invaluable insight into 'how we come to be as we are', as well as highlighting the possible pitfalls and 'disappointments' that contribute to a range of emotional or behavioural difficulties and dilemmas that we may encounter.

By choosing to focus on **the psychodynamic relational perspective**, you will learn about the importance of early life experience and of our human environment in determining modes of human relationships and patterns of behaviour. The psychodynamic and relational focus underpins the interactions of students and staff.

## STRUCTURE AND DATES

This course consists of four intensively-taught, 30-hour modules.

Module 1: Saturday 20<sup>th</sup> and Sunday 21<sup>st</sup> January 2018  
Friday 2<sup>nd</sup>, Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> February 2018

Module 2: Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> March 2018  
Friday 16<sup>th</sup>, Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> March 2018

Module 3: Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> April 2018  
Friday 27<sup>th</sup>, Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> April 2018

Module 4: Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> May 2018  
Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> June 2018

Module structure will consist of a mixture of taught seminars, discussion groups and one-to-one sessions some of which will be recorded and used as a teaching aid with the rest of your group. Participants will also have access to relevant reading material. **Class sizes are small**, with each module having a **maximum of 12 students**, in order to deliver the best and most enriching learning experience for students.

The course is **validated by COSCA** as an equivalent to their ***Certificate in Counselling Skills***, which is considered by most institutions as a pre-requisite for anyone considering further study to become a counsellor or psychotherapist. This course *does not qualify you to practice as a counsellor*. **Successful completion of Modules 1 and 2 provides entry to our *Diploma in Human Relations and Counselling* course.**

A postgraduate-level **Certificate in the Foundations of Human Relations and Counselling** will be awarded after the satisfactory completion of the course. Participants should aim for 100% attendance. A minimum of 85% attendance is required to complete the course.

## **VENUE**

The course is held at our new training venue in central Glasgow with easy access by public transport. For those travelling by car, multi-storey and metered, on-street parking are available nearby but costs reflect the city-centre location.

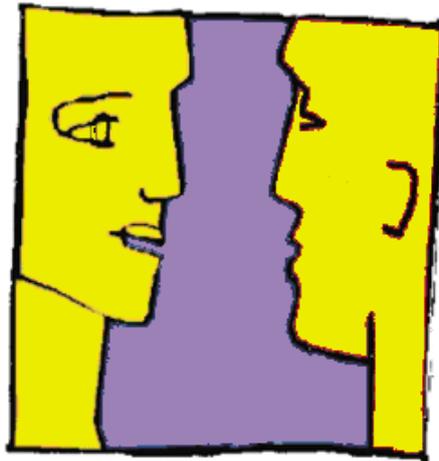
## **ENQUIRIES and APPLICATION**

If you have any questions regarding the course administration or content please contact HDS office staff in the first instance. The Organising Tutor will respond to all enquiries regarding course detail or entrance eligibility. Please complete and return the course application form. Online application forms are available from the HDS website at **[www.hds.scot](http://www.hds.scot)**. Follow the links to the Foundations of Human Relations and Counselling course from the Home page or the Training page.

## **2018 FEES**

£350 per module

As a charitable organization regulated by OSCR, **Human Development Scotland** develops and delivers courses and services which translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, education and social services.



## Human Development Scotland

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HDS aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

Human Development Scotland is a Scottish Charitable Incorporated Organisation, No: SC043664.  
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