



COSCA COUNSELLING SKILLS CERTIFICATE COURSE

COSCA Counselling Skills Certificate Course
Developing Helping Relationships

COSCA (Counselling & Psychotherapy in Scotland) is the professional body for counselling and psychotherapy in Scotland. Therapy Train Stirling CIC has approved organisational membership of COSCA and is a COSCA Accredited Training Provider.



COSCA's Vision – a listening, caring society that values people's wellbeing.

What are Counselling Skills?

Counselling skills:

- are essentially good interpersonal or communication skills.
- are based on active listening.
- involve using verbal and non-verbal skills.
- introduce the qualities of acceptance, genuineness and empathy into a helping relationship.
- are underpinned and informed by an understanding of counselling theory.

What is the COSCA Counselling Skills Certificate?

The COSCA Counselling Skills Certificate:

- contains four strands: skills, knowledge, self-awareness and ethics.
- uses experiential learning e.g., students practise in groups of three
- gives a professionally recognised qualification in counselling skills which has **40 SCQF credits at SCQF level 8**.
- is open to any adult interested in developing attuned listening and responding skills, even those who do not plan to become qualified counsellors.



What is the purpose of the COSCA Counselling Skills Certificate?

There is a growing awareness that counselling skills can enhance performance in various inter-personal contexts including:

- nursing, teaching and social work contexts.
- welfare services
- management relations
- staff development and appraisal
- residential and non-residential care
- befriending, mentoring, advocacy, mediation

Modules

Each module of this counselling certificate course is delivered over 30 hours, with 4 modules to complete, this totals 120 hours of training. After each module has been completed, the group will have a two-week break, as per COSCA guidelines.

Fees

Each 30-hour module will cost £400 per participant, totalling £1,600 to complete all 4 modules (inclusive of the cost of module workbooks).

After a place on the course has been offered, an initial £400 deposit is required to secure your place and as a payment for Module 1, this is non-refundable. The total £400 fee for Module 2 – 4 is payable in advance of each module commencing and is non-refundable.

The number of places available on this course is limited.

Partial funding may be available through the Student Awards Agency Scotland (SAAS).

Applications

Our next COSCA Certificate course will commence in Spring 2024 (Saturdays).

All applications should be submitted asap and if selected you will be invited for interview.

Applicants will be interviewed by the course facilitator, Rebecca Black and another COSCA trained colleague at the premises of Therapy Train Stirling.

Small group training opportunities like the *COSCA Counselling Skills Certificate Course* can be personally demanding and this will be explored during initial selection interviews. Participants should consider the emotional impact of a developmental course like this, on themselves and on others in the learning group. This course is based on a humanistic model of relational learning and depends on the learning group to form a communal support for each individual.

Selection will be based on full commitment to each training date, ability to work in co-operation with others, undertake 4 written assignments and meet COSCA's Ethical Standards for group training.

To enquire about the next **COSCA Counselling Skills Certificate**,
email: info@therapytrainstirling.co.uk – or call our office on: 01786 451532.