



COSCA
Counselling & Psychotherapy
in Scotland

COSCA's Counselling Skills Certificate

*Developing Helping
Relationships*

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Developing Helping Relationships

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 e.g. paraphrasing, asking questions in a helpful way, summarising, attending and responding to the speaker, body language
- insert the qualities of acceptance, genuineness and empathy into a helping relationship
- are underpinned and informed by an understanding of counselling theory

Counselling skills can be used in the context of any kind of helping relationship as part of a counselling approach. The use of counselling skills does not necessarily require privacy and confidentiality, unless this is specifically negotiated.

What is the COSCA Counselling Skills Certificate?

The COSCA Counselling Skills Certificate:

- provides a COSCA certificated 120 hour training programme in counselling skills
- is delivered over 4 Modules of 30 hours each
- can be accessed across Scotland via our expanding network of COSCA Validated Training Providers
- contains four strands: skills, knowledge, self-awareness and ethics

- uses experiential learning e.g. students practise skills in groups of three
- is designed for people in helping or caring professions and in informal settings with family, friends etc.
- helps the individuals who complete it to develop and apply counselling skills to non counselling settings
- Gives a professionally recognised qualification in counselling skills which has 40 SCQF credits at SCQF level 8
- provides an excellent starting point for those who wish to train to practise as a counsellor or psychotherapist.

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 that require people's voices to be heard including:

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

We believe that the COSCA Counselling Skills Certificate will help many workforces to carry out their roles and responsibilities more effectively.

Participants Feedback

- "I feel more confident now listening to patients and responding appropriately."
- "I have gained the knowledge I require in my role as a social worker."
- "The skills of the trainer in providing constructive feedback during triad sessions was most valuable."

Who can Deliver the COSCA Counselling Skills Certificate?

The COSCA Counselling Skills Certificate can be delivered by COSCA Validated Training Providers. Organisations interested in applying to become a validated provider can download the validation guidelines and application form from COSCA's website or contact COSCA's Development Officer (Individuals/Courses).

Who Can Apply for a Place on the COSCA Counselling Skills Certificate?

Anyone who has an interest in learning counselling skills, and who has an opportunity to practise the skills learned on the course, can apply for a place on the COSCA Counselling Skills Certificate. Please see COSCA's website for a list of COSCA Validated Training Providers who can be contacted directly. The cost and delivery times of the course varies, depending on the provider.

On successful completion of the Course, application can be made to become a COSCA Counselling Skills Member.

What is COSCA (Counselling & Psychotherapy in Scotland)?

COSCA (Counselling & Psychotherapy in Scotland) is the professional body for counselling and psychotherapy in Scotland. We are a registered charity and a voluntary organisation committed to the promotion of not only counselling and psychotherapy but also the use of counselling skills in a variety of settings.

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



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COSCA acknowledges the assistance it receives from the Scottish Government.

COSCA is a company limited by guaranteed registered in Scotland No. 142360

Scottish Charity No. SC018887