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CORE COMPETENCIES FOR COUNSELLING

Introduction

Developed by COSCA, these core competencies:

- *are considered core for all counselling practice. In the process of diploma training they would be deepened and developed through practice, theoretical learning, reflection and self-awareness work*
- *have been mapped against the National Occupational Standards for Counselling produced by ENTO in September 2007*
- *have been produced as a means of assisting COSCA validated diploma providers to ensure that their diploma courses include training that covers these core competencies.*

Core Competencies

The core competencies for fitness to practice counselling include the capacity:

- to enter and understand the world of another person and to be authentically present for him/her in the therapeutic relationship
- to understand the counselling relationship and process in theory and in practice
- to establish and maintain a therapeutic relationship
- to work coherently within a theoretical model that informs the counselling practice
- to be ethical and accountable in all aspects of practice
- to use supervision for development of self-awareness and safety of clients
- to recognise and respond to one's needs and limits in relation to professional competence, boundaries and personal circumstances
- to value and support difference and diversity
- to understand, recognise and integrate personal and professional values and be accepting of the challenge of difference
- to work with risk, resilience and change
- to have an awareness and understanding of issues of personal and professional power and authority
- to tolerate uncertainty and the unknown.