

COSCA 25th ANNUAL TRAINERS EVENT

Theme: "Resourcing Participants and Trainers"

Thursday the 9th of November 2023
9:30am – 1:00 pm via 'Zoom'

WHAT CAN I EXPECT FROM THE EVENT?

The Trainers Event will be hosted by *Dr Patricia Joyce of 'Grounded Learning Ltd'*.

The event will explore how trainers can resource themselves and their participants in developing and demonstrating counselling skills and to support self-regulation and conditions of co-regulation in the training room and counselling room.

There will be two interactive workshops delivered, suitable for attendees at all training levels:

Workshop 1: Facilitator TBC- Developing and Demonstrating Counselling skills

Workshop 2: Facilitator TBC- Supporting Self and Co-regulation in the training and counselling room

WHAT TOPICS WILL BE EXPLORED:

- The ways in which trainers can support their participants to develop and demonstrate counselling skills, within the counselling approach or relationship.
- How trainers may utilise themselves as a resource to model the counselling skills approach with their participants.
- The ways in which trainers may identify their participants and their own self-regulatory skills.
- How to support conditions of safety and co-regulation in the training and counselling room
- The ways in which we may resource ourselves as trainers to support our own self-regulation

COSCA reserves the right to amend or change the programme accordingly.

Charity Registered in Scotland No. SC018887
Charitable Company Limited by Guarantee Registered in Scotland No. 142360

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Forename:
Surname:
Date:
Mailing Address:
Telephone:
Email:

PAYMENT

£25 early bird fee / £30 standard fee (non-COSCA members add £10)

I have sent a cheque with the fee of £
Electronic bank payment (*please use first initial, surname and "Trainers Event" as reference*)

Bank transfer details:

Bank: Virgin Bank
Name: COSCA (Counselling & Psychotherapy in Scotland)
Sort code: 82 68 05
Account number: 70174110

✓ Please invoice (**£2 service charge added**)

****If your organisation will be paying the invoice, please ensure a Purchase Order is raised and payment is made prior to the event**.**

Invoice Address if different from above:

Nominal Code	7
Invoice/Cheque	

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