



COSCA Diploma in Person Centred Counselling

Therapy Train Stirling CIC offer a Professional Diploma in Person Centred Counselling course in the heart of Stirling. The course contains four strands: skills, knowledge, self-awareness and ethics; delivered by 400 hours of **direct teaching**.

The course has gained initial COSCA validation until 2026.

What are the benefits of this Diploma course?

- Successful students gain a professionally recognised qualification in Person Centred Counselling
- Gain an in-depth understanding of Person Centred Counselling theory and practice through interactive learning, group engagement and peer support
- Students are supported to self-reflect and take responsibility for their own active self-directed learning
- Help students to understand the counselling process through applied knowledge of counselling theories and prepare them for professional practice with clients
- Explain the process of therapeutic change in a creative and applied way
- Transfer further knowledge and understanding of ethical and professional responsibilities
- Facilitate insight regarding intra-personal growth and inter-personal dynamics
- Develop counselling skills, self-awareness, ethical and theoretical knowledge on human development, general mental health and psychopathology

Course Leaders



Sandra Duffy and Rebecca Black



Jo Heaton

What is involved in gaining this Counselling Diploma?

This is a two year part-time Diploma course involving:

- Commitment to group and individual learning
- Full attendance over two years (one day per week on a Wednesday)
- Written assignments to evidence clear knowledge of Person Centred theory and practice
- Diploma students will be required to have approved Supervisors and placement providers
- Group supervision will be provided by Therapy Train Stirling CIC throughout the course
- Paying for individual professional supervision is required (costs vary from £40 – £60 per hour)
- Paying for 40 hours of individual personal therapy is also a requirement (costs vary from £40 – £60 per hour)

Who can apply?

Therapy Train Stirling CIC offers a part time Professional Diploma in Person Centred Counselling to graduates who hold a degree in any discipline and have also completed the COSCA Certificate in Counselling Skills Course in the last 3 years. Course leaders may consider potential applicants with equivalent professional experience and ability at academic degree level.

Selection Process

The selection process following your application submission has two stages:

- Suitable applicants will be invited to an observed 3 hour group workshop which will take place in Stirling
- Following the group experience, selected candidates will be invited for an individual interview which will again take place in Stirling.

Fees & Costs

Fees for the full course over two years from August 2024 – June 2026 are £7500.

- A non-refundable deposit of £750 will be due within one week of an offer to secure your place on the course. In the event that Therapy Train Stirling cancels the course, due to unforeseen circumstances, we will aim to refund payees within 14 days of the cancellation date.
- Year 1 – remaining fees of £3000 will be due by 17th July 2024
- Year 2 – fees of £3750 will be due by 16th July 2025

The course fees are payable to Therapy Train Stirling CIC as a training provider; however, applicants should bear in mind that personal therapy and professional supervision, as mentioned earlier, are additional individual costs to budget for.

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

Our Next Course

Our next Diploma course in Person Centred Counselling commences on **28th August 2024**. We operate a rolling recruitment programme for the course to ensure a thorough selection process is undertaken. Spaces are limited and therefore early application is recommended.

For further information and to request an application pack, please e-mail us at: info@therapytrainstirling.co.uk