



**COSCA (Counselling & Psychotherapy in Scotland)**  
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## Delivering COSCA Validated Courses Mapped onto the SCQF

COSCA does not require validated courses to be mapped onto the Scottish Credit and Qualifications Framework (SCQF). For courses that have been awarded a SCQF level and credits, COSCA expects that these courses are delivered to the prescribed SCQF level and credit points.

The SCQF level of a course indicates the degree of difficulty, and the number of SCQF credit points show the length of time it takes to complete. One SCQF credit point represents an average of 10 hours of learning time, not all of which need to be in face to face contact with the trainers. Each SCQF level increases the demand on participants by changes to factors such as complexity, depth of knowledge and the participant's autonomy in demonstrating the learning outcomes of the course.

The academic levelling applies not only to the delivery of the above courses, but to all the written assignments and essays.

SCQF provides information on level descriptors. These are generic statements that describe the characteristics and expected performance at each level of the Framework and relate to learning outcomes. The five components of these are:

- Knowledge and understanding
- Practice (applied knowledge and understanding)
- Generic cognitive skills, such as evaluation and critical analysis
- Communication, ICT and numeracy skills
- Autonomy, accountability and working for others

Please visit the following link for further information about the framework:

<https://scqf.org.uk/>

For example, the COSCA Counselling Skills Certificate is rated at 40 SCQF credits at level 8. When setting essay or assignments for this course, some suggested verbs/phrases for doing so are as follows:

clarify; classify; consider, convert; describe, develop insight into; differentiate between; discuss, distinguish; estimate; examine specific; exemplify; explain; explore; express; extend; find; formulate; give examples of; indicate; identify; illustrate; locate; paraphrase; perform; present; report; review; select; summarise; and utilise a problem-solving approach to.

Another example is the COSCA Counselling Supervision Course. It is rated at 15 SCQF credits at level 8. When setting essays or assignments for this course some suggested verbs/phrases for doing so are as follows:

apply knowledge; apply, based on the best evidence; calculate; change; choose; compare; compute; contrast; construct; critically reflect; demonstrate; determine; estimate; evaluate; examine the relationship between; execute; formulate and document a plan of care; illustrate; implement; interpret; infer; manipulate; modify; operate; predict; produce; provide a rationale for; relate; simulate; solve; utilise a problem-solving approach to; and verify.

Brian Magee  
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COSCA (Counselling & Psychotherapy in Scotland)  
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