

# The Diploma in Relational Counselling



This 2-year specialist Diploma in Relational Counselling (25 days training each year) will equip Counsellors with the theory, understanding and skills to work inter relationally on a wide range of issues. The customised award has been credit rated by **SQA** at Level 11 on the **Scottish Credit and Qualifications Framework (SCQF)** with 120 credit points and has full validation by COSCA (Counselling & Psychotherapy in Scotland).

The Diploma in Relational Counselling takes an Integrative approach to counselling, drawing upon humanistic and cognitive behavioural counselling orientations. The course covers all issues impacting on relationships. Psychoanalytic adult attachment theory (Jeremy Holmes) is a major focus, looking at how attachment histories affect all aspects of life. The Skilled Helper Model (Gerard Egan) is used as a guiding framework.

Offering a mix of theory, personal development and skills practice, the course will encourage students to explore their own attitudes, deepen knowledge and understanding and develop skills appropriate to inter-relational counselling.

**The next course runs from August 2021 to June 2023**

**Applications are now invited**

For more information go to <https://www.thespark.org.uk/professionals>

or email [Training@thespark.org.uk](mailto:Training@thespark.org.uk)

The Spark is a leading provider of couples counselling, marriage counselling, individual counselling, youth counselling and family counselling services in Scotland.