

With over 50 years' experience in counselling and training, **The Spark** has proudly delivered COSCA's Certificate in Counselling Skills across multiple locations in Scotland. This course is fully validated, and offers opportunities for both personal and professional development. Significantly, all our training is delivered by experienced counsellors who can provide useful insights into the field.

Who is it for?

While this course is an excellent foundation for those interested in a career in counselling, it is also useful if you wish to enhance your listening and communication skills across different settings, such as the workplace or personal relationships.

What will participants learn?

- **Skills:** Through engaging in experiential learning, you will learn communication skills and how to actively listen to others.
- **Self-awareness:** Participants become more aware of their own responses and what drives these, helping to separate their interests from those of the person they are supporting.
- **Knowledge & Ethics:** The course introduces theoretical perspectives that underpin different counselling approaches, and the ethics required in any supportive relationship.

Details of the course:

- **Location:** The Fire Station, North Anderson Drive, Aberdeen, AB15 6TP
- **Dates:** 26/08/2020 – 10/02/2021 (please see next page for full list of dates)
- **Structure:** Consisting of 4 modules, this course is delivered over **5 days** each module by an experienced trainer and counsellor. This will take place from **9:30am** to **4:30pm** on Wednesdays.
- **Fees:** £265 per module (inclusive of handbook), payable in full prior to course start or in instalments by agreement.
- **Attendance:** 85% attendance is required for each module, and progression is on successful completion of each module.
- **Previous applicants:** Applicants who have previously completed COSCA skills modules elsewhere can also apply to join the course. On the application form, please highlight which modules you wish to join, and contact COSCA to provide evidence of modules completed.

'The COSCA Skills course is without doubt the most fulfilling training course I have ever done. The team are fantastic and I would highly recommend this to anyone who is at all interested in their own personal development'

COSCA Student, The Spark 2019

TO APPLY:

Please email workforcedevelopment@thespark.org.uk to request an application form.

COSCA – Course Dates



Module	Date	Time
Module 1	26 th August 2020 2 nd September 2020 9 th September 2020 16 th September 2020 23 rd September 2020	9:30am – 4:30pm
Module 2	7 th October 2020 14 th October 2020 21 st October 2020 28 th October 2020 4 th November 2020	9:30am – 4:30pm
Module 3	18 th November 2020 25 th November 2020 2 nd December 2020 9 th December 2020 16 th December 2020	9:30am – 4:30pm
Module 4	13 th January 2021 20 th January 2021 27 th January 2021 3 rd February 2021 10 th February 2021	9:30am – 4:30pm

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MODULE 1 – Beginnings

- Concepts of counselling and the use of counselling skills
- Attending and responding skills
- The ethical framework underpinning a counselling approach
- Importance of self-awareness and personal growth

MODULE 2 – Exploration and Expansion

- Beginnings, middles and endings
- Theories of loss and change
- Self-awareness of personal motives and values
- Ethical boundaries
- Sexuality

MODULE 3 – Review and Reflection

- The context of emotional and cognitive self-reflection
- Counselling perspectives of Person-Centred, Psychodynamic and Cognitive-Behavioural approaches
- The nature of power and vulnerability
- The characteristics of past experiences and relationships
- Spirituality

MODULE 4 - Integration

- Gestalt approach and the Humanistic/Existential perspective
- Transactional Analysis approach and the Humanistic and Psychodynamic perspectives
- Exploration of power and vulnerability
- Exploration of belonging, social inclusion and social exclusion
- The effects of stress
- Professional responsibilities appropriate to the counselling relationship

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