



**COSCA (Counselling & Psychotherapy in Scotland)**

**16 Melville Terrace | Stirling | FK8 2NE**

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## **COSCA's Client Network**

### **1. COSCA (Counselling & Psychotherapy in Scotland)**

COSCA (Counselling & Psychotherapy in Scotland) is Scotland's professional body for counselling and psychotherapy.

COSCA aims to promote and advance counselling and psychotherapy in Scotland. We do this by developing, setting and monitoring standards for the training and practice of counsellors and psychotherapists in Scotland and providing a range of other services.

For more information on COSCA, please see our website. [www.cosca.org.uk](http://www.cosca.org.uk)

### **2. Client Involvement**

COSCA believes that clients:

- have unique experiences, skills and abilities that can help to improve COSCA's services and those of its members
- will help our services and those of our members to be shaped by and for the people who use them rather than only by the professionals who deliver them.

### **2. Aim of the Client Network**

The views and experiences, both positive and negative, of people who receive counselling and psychotherapy services are important to us. This is why we have established this Client Network.

The aim of the Network is:

- to enable the views and experiences of clients and the public to be taken into account by COSCA in relation to its service planning and decision-making.

### **3. Becoming a member of the Network**

There is no charge to join the Network.

Membership is open to:

- anyone living in Scotland with an interest in furthering counselling and psychotherapy services
- people currently accessing counselling and/or psychotherapy services or who have used these services within the past 10 years
- client networks and organisations in Scotland that support and represent the interests of people using or who may wish to use counselling or psychotherapy services

We want the Network to have a real mix of skills, perspectives and insights, and to be representative of clients across Scotland. There is no upper limit to the number of people on the Network.

As a client and member of the public, you can join the Client Network by completing and submitting the attached application form.

### **4. Why apply to join the Network**

Joining the Network is an opportunity to play a major part in the way that counselling and psychotherapy services are designed and delivered. Being a member of the Network does not involve attending face to face meetings.

As a member of the Network, you will:

- be invited on a regular basis (up to a maximum of four times per annum) to give written or verbal feedback to COSCA e.g. via survey monkeys consultations
- represent the views of clients of counselling and psychotherapy services in Scotland
- be consulted on the planning and delivery of relevant new policies and services
- contribute to the review of relevant existing policies and services e.g. complaints procedure, training and practice standards for counsellors and psychotherapists
- receive feedback related to matters consulted on.

## **5. Survey on the Accessibility of Counselling and Psychotherapy in Scotland**

The availability of face to face counselling and psychotherapy varies depending on where people live in Scotland. In some parts services are very limited, with people having to wait for long time or travel a long distance to find a suitable service.

With regard to telephone and online counselling, where people live is not as important as their access to technologies including phones, the internet etc.

This survey invites you to inform COSCA about your experience of accessing all kinds of counselling and psychotherapy in Scotland. It also invites you to suggest ways of how access could be improved that you believe would make a real difference to people.

You can use the questions in the survey to tell us about your experience and suggest ways of improving access to counselling and psychotherapy.

Please click on the link below to open the survey monkey.

<https://www.surveymonkey.co.uk/r/PLWQ763>

Brian Magee  
Chief Executive  
COSCA (Counselling & Psychotherapy in Scotland)



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## Application form to join COSCA's Client Network

Please complete the following:

Surname	
First Name	
Title	
Telephone/Mobile No.	
Email address	

**Are you a client of counselling/psychotherapy services?**

YES

NO

**Are you a member of the public interested in counselling/psychotherapy services?**

YES

NO

**Do you represent a client network? If so, which network.**

**Name of Group:**

**Address:**

Please return the completed form to the address above for your name and address to be added to COSCA Client Network.

Your co-operation in this is much appreciated.

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