



Scotland's
Professional Body
for Counselling &
Psychotherapy

COSCA (Counselling & Psychotherapy in Scotland)
16 Melville Terrace | Stirling | FK8 2NE
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COSCA 27th ANNUAL TRAINERS' EVENT

Theme:

“Risk and Growth”

Thursday the 6th of November 2025

10:00am – 4:00pm

Stirling, Barracks Conference Centre

WHAT CAN I EXPECT FROM THE EVENT?

The event will explore how trainers can support their participants to work responsibly with risk and to support participant growth and development on their courses.

The event will be hosted by *Dr Patricia Joyce of 'Grounded Learning Ltd'*.

There will also be an interactive activity in relation to this year's theme and an opportunity to network with other trainers delivering on COSCA validated courses.

There will be two workshops approximately 1 hour 50 in length, with options for each workshop that are tailored specifically to delivery on either Certificate or Diploma level training courses. Please note that you will be pre-allocated to the workshop at the highest level of course that you are delivering on, should you be delivering on courses at both Certificate and Diploma levels.

Workshop 1A: Working Responsibly with Risk- Certificate Level

Facilitator: Tony McLaren- Breathing Space COSCA Recognised Organised National Coordinator, COSCA Training and Resources Working Group. Tony has been involved in the delivery and more latterly the development of the COSCA Counselling Skills Certificate, for over 20 years.

WHAT TOPICS WILL BE EXPLORED:

- The types of risk that we might encounter on certificate level training.
- The ways in which these risks might emerge; for instance, in relation to the topics shared by speakers in the skills practice, discussions and disclosures and behaviours within the group space, or individually.
- How we can manage this risk responsibly to support the safety of the participant at risk, and others at risk, whilst managing the needs of the group as a whole.
- How we can deliver the course content and activities in a way that supports working responsibly with risk.
- What supports do we have available to us to support working responsibly with risk?

Workshop 1B: Working Responsibly with Risk: Diploma Level

Facilitator: Sean McCann, Accredited CBT therapist, supervisor and therapist trainer. Associate lecturer on Counselling and Mental Health with The Open University, delivers COSCA Counselling Skills at Glasgow University. Sean specialises in working with trauma, PTSD and suicidality. Sean is disability and wellbeing manager at the University of Strathclyde.

WHAT TOPICS WILL BE EXPLORED:

- How we can better prepare our participants to work with risk to self, and others, and be open to conversations surrounding risk whilst ensuring working ethically and within their competencies?
- The learning can support participant's openness towards talking about risk with clients including current and key theories on risk assessment and the main methods of client risk assessment, including both qualitative and quantitative measures
- The tools that can be taught to participants to support them to manage client risks where appropriate, for instance safety planning
- What we can do when the participant themselves is the risk.
- What supports do we have available to us to support working responsibly with risk?

Workshop 2A: Certificate Level: A Psychodynamic approach to Participant Growth and Development:

Facilitators: Garnethill Centre; Has delivered the COSCA Validated Diploma in Psychodynamic Counselling since 2006, Facilitators TBC

WHAT TOPICS WILL BE EXPLORED:

- The ways in which trainers may create learning conditions supporting participant development and growth on their courses.
- The methods through which trainers may facilitate and incorporate opportunities for participant development and growth such as in relation to experiential groups and activities delivered on the course, drawing upon a psychodynamic approach to human growth and development.
- The role trainers can play in these processes and the challenges that may be faced, including how group dynamics and processes may influence participant growth and development, drawing from a psychodynamic lens to human growth and development.
- How trainers may be able to identify and honour participants growth and development throughout the course.

Workshop 2B: A Transactional Analysis approach to Participant Growth and Development

Facilitators: Fiona Cook and Fiona Firman Co Directors, Physis Scotland, COSCA Validated Diploma level provider. Both Fiona and Fiona are COSCA Trainer Accredited at Diploma level, COSCA UK Other Body Accredited members and PTSTA registered as psychotherapists and trainers with UKATA.

WHAT TOPICS WILL BE EXPLORED:

- The ways in which we can create learning conditions on course that supporting participant development and growth on their courses.
- The methods through which trainers may facilitate and incorporate opportunities for participant development and growth such as in relation to experiential groups and activities delivered on the course, drawing upon a TA approach to human growth and development.
- The role trainers can play in these processes and the challenges that may be faced, including how group dynamics and processes may influence participant growth and development, drawing from a TA lens to human growth and development.
- How trainers may be able to identify and honour participants growth and development throughout the course.

COSCA reserves the right to amend or change the programme accordingly.



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[Please email booking forms to Christina Oliver on: christina@cosca.org.uk](mailto:christina@cosca.org.uk)

Forename	Surname	Date
Mailing Address		
Town		Post Code
Telephone		Email
Organisations in which you are involved in training and Level(s) of Delivery:		
Dietary Requirements:		
Any Other requirements:		

PAYMENT

£85 early bird fee / £90 standard fee (non-COSCA members add £10)

Early bird fee until: 30/6/2025

☐ I have sent a cheque with the fee of £ _____

☒ Electronic bank payment (*please use first initial, surname and "Trainers Event" as reference*)

Bank transfer details:

Bank: Virgin Bank

Name: COSCA (Counselling & Psychotherapy in Scotland)

Sort code: 82 68 05

Account number: 70174110

☐ Please invoice (**£2 service charge added**)

*****If your organisation will be paying the invoice, please ensure a Purchase Order is raised and payment is made prior to the event**.***

Refunds policy

Invoice Address if different from above:

Nominal Code	7
Invoice/Cheque	

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