

COSCA 28th ANNUAL TRAINERS EVENT

Theme: "Navigating Identity, Power and Boundaries in the training space"

Thursday the 5th of November 2026: 9:30am-2:30pm
Via Zoom

WHAT CAN I EXPECT FROM THE EVENT?

The event will explore how trainers navigate their identity, power and boundaries in the training space. The event will be hosted by *Dr Patricia Joyce of 'Grounded Learning Ltd'*.

There will be two experiential workshops as outlined below in relation to this year's theme.

There will also be an interactive activity on this year's theme and an opportunity to network with other trainers delivering on COSCA validated courses. The activity and workshops will be suitable for trainers at all levels.

PROVISIONAL PROGRAMME

9:30-9:35 Welcome

9:35- 10:35: Morning- Interactive Activity- Timeline of the development of our identity and personal style as a trainer- Experiential activity using a pluralistic timeline approach to explore the development of our identity and personal style as a trainer.

10:35-10:45: Break

10:45- 12:15: Workshop 1- '***Trainer's power and positionality in the training space***'.
Facilitator: Amrita Dash:

Amrita Dash is a woman of colour intersectional therapist practising with an anti-oppressive and decolonial approach. Amrita has worked in mental health for over 13 years in both UK and India. Her therapeutic work is grounded in the relationship between the client and therapist within the wider socio-political context.

Amrita is deeply passionate about challenging the impact of approaching therapy with an individualistic lens and creating safe enough spaces for people to be able to express their whole identities while engaging in therapy. Over the years, Amrita has worked in frontline counselling services, senior management in support services and developed specialist services in the third sector for trauma survivors from racially marginalised communities.

She is also a clinical supervisor and trainer. She has a keen interest in training counselling students and mentoring new therapists and has been teaching over the past 6 years. Currently, in addition to her private practice, she is the Head of Diploma and Training for Murray's Initiative.

WHAT TOPICS WILL BE EXPLORED:

- The ways in which we can recognise our power and positionality in the training space
- How our power and positionality as trainers may impact the collective learning environment
- How any personal sources of power imbalances and privileges and experiences of exclusion, marginalisation and oppression may influence our self-awareness in relation to our interactions with participants, our delivery team and within our organisation
- The ways in which we can continue to nurture our self-awareness in relation to our own power and positionality.

12:15-12:45: Break

12:45-2:15: Workshop 2: '***Navigating the boundaries of our dual roles as counsellors'/counselling skills users and trainers***'- Facilitator Fiona Firman-

Fi has a thriving private practice whereby she works with clients both online and in-person. Fi's areas of special interest are early developmental trauma, working with clients who may have a Borderline process and/or formal diagnosis of Emotionally Unstable Personality Disorder, and clients who identify as neurodivergent. Fi also thoroughly enjoys working with couples.

Along with Fiona Cook, Fi co-founded Physis Scotland, the only TA (Transactional Analysis) training institute in Scotland, where she worked as a Director of Training and a Core Tutor for nine years. During this time Fi had overall responsibility for the Counselling and Psychotherapy training programme, its syllabus and accreditation with UKATA, UKCP and COSCA. She also planned the annual calendar and CPD workshops. In addition, Fi co-taught on the COSCA Validated Counselling Diploma programme, whilst liaising with all other trainers involved in the delivery of the courses.

WHAT TOPICS WILL BE EXPLORED:

- The differences between our roles as trainers and counsellors
- What might be new skills/competencies we need to develop as trainers? How comfortable do we find it stepping into these new roles (for example authoritative/assessment/gatekeeping/discontinuation). What are the tensions?
- Self-disclosure- What do we disclose of ourselves as trainers? When might this be helpful, or when might this be problematic?
- Where might the roles and boundaries get blurred and problems arise?
- What can help us to maintain our boundaries?

2:15- 2:30: Close

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



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**Thursday the 5TH of November 2026,
Via Zoom**

[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:		
Any additional requirements:		

PAYMENT

£25 early bird fee / £30 standard fee (non-COSCA members add £10)

Early bird fee until: 5/10/2026

- ☐ I have sent a cheque with the fee of £ _____
- ☐ Electronic bank payment (*please use 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*****

COSCA (Counselling and Psychotherapy in Scotland)

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