



COSCA 28th Annual Trainers Event 2026

“ Navigating Identity, Power and Boundaries in the Training Space’

9.30 AM – 2:30 PM via Zoom

Thursday the 5th of November 2026

Programme

9.30 AM: Welcome and Introduction- *Dr Patricia Joyce, Accredited Trainer and Co-Director ‘Grounded Learning Limited’.*

9.35-10:35 Interactive Activity- Timeline of the development of our identity and personal style as a trainer

10:35: 10:45 Comfort Break

10:45-12:15: Workshop 1- Trainer’s power and positionality in the training space- Amrita Dash- Head of Diploma and training, Murray’s Initiative, COSCA Diploma level Accredited. 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.

12:15-12:45- Comfort Break

12:45- 2:15- Workshop 2- Navigating the boundaries of our dual roles as

counsellors'/counselling skills users and trainers- 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.

2:15- 2:30: Event Close- Dr Patricia Joyce.