



COSCA (Counselling & Psychotherapy in Scotland)
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Information on COSCA Validated Courses

Information on how to become a counsellor/psychotherapist and how to start training to do so can be found in COSCA's information leaflet, *Pathways to Becoming a Counsellor/Psychotherapist*, www.cosca.org.uk - **Counselling**.

Courses eligible for validation are those that can fulfil the requirements laid down in the guidelines and procedures for course validation. These can be found on www.cosca.org.uk - **Validation**.

To find a COSCA validated course, please see our course directories on our website – www.cosca.org.uk - courses. The directories can be searched using your postcode. With the information provided in the directories, you can contact training providers of your choice to enquire about selection, cost, start and delivery dates, location etc.

Other Validated Courses

In general, where a course offered is not validated by COSCA, it is wise to talk to the course tutor to ascertain to which professional body and statement of ethics they adhere and to discuss the content of the course and whether the course meets COSCA's criteria for training for entry onto the COSCA Register of Counsellors and Psychotherapists, the Professional Standards Authority's Accredited Register.

It is also important to be satisfied as to the experience, training and qualifications of the trainer(s).

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