COSCA Certificate in Counselling Course Outline

Module 1 – Beginnings

- Concepts of Counselling and the use of Counselling Skills
- Attending and Responding Skills
- The Ethical Framework underpinning a counselling approach
- Importance of Self-Awareness and Personal Growth

Module 2 – Exploration and Expansion

- Beginnings, Middles and Endings
- Theories of Loss and Change
- Self-Awareness, Personal Motivation and Values
- Ethical Boundaries
- Sexuality

Module 3 – Review and Reflection

- The Context of Emotional and Cognitive Self-Reflection
- Counselling Perspectives of Person-Centred, Psychodynamic and Cognitive-Behavioural approaches
- The Nature of Power and Vulnerability
- The Characteristics of Past Experiences and Relationships
- Spirituality

Module 4 – Integration

- Gestalt Approach and the Humanistic/Existential Perspective
- Transactional Analysis Approach and the Humanistic and Psychodynamic perspectives
- Exploration of Power and Vulnerability
- Exploration of Belonging, Social Inclusion and
- Social Exclusion
- The Effects of Stress
- Professional Responsibilities Appropriate to the Counselling Relationship

Progression to Modules 2, 3 & 4 is via positive completion of the preceding module.

Validation of this new COSCA training course in Stirling, led by Rebecca Black, was approved by COSCA in September 2019. The first Therapy Train Stirling *COSCA Introduction to Counselling Skills Certificate Course*, is planned to run on Saturdays in early 2020; and we plan to open another training group on Fridays, subject to demand.

Places on each course will be limited to 12 places, so early booking is recommended. To request an application form for COSCA Certificate in Counselling part time courses in 2020, call: 01786 451 532. For further details of proposed training dates, email info@therapytrainstirling.co.uk

Rebecca Black is a person-centred counsellor with over 12 years of post-training experience. She completed the University of Strathclyde Diploma in Person Centred Counselling in 2006 and continued to achieve their MSc in Counselling in 2010. During 2017 she achieved the University of South Wales MSc in Play Therapy. In addition, she is an experienced counselling supervisor of adults and is in the process of completing CPD training as a Play Therapy Supervisor.

Rebecca is an Accredited Member of the British Association of Counselling and Psychotherapy (BACP) and in addition, registered with the British Association of Play Therapists (BAPT).

As a graduate member of COSCA with experience of supporting student counsellors, Rebecca will facilitate this new COSCA Certificate in Counselling Skills Training course at the premises of Therapy Train Stirling CIC, 35 Stirling Business Centre, 73 Wellgreen Place, Stirling, FK8 2DZ.

2020 COSCA Counselling Certificate Training - Module Fees

Each module of this counselling certificate training makes up 30 hours, offered over selected Saturdays from 10:00am – 4:30pm. There are 4 modules to complete, and the course comprises 120 hours of total training. Each 30-hour module will cost £365 per participant, making up a total cost of £1,460 to complete all 4 modules (inclusive of the cost of module workbooks).

Potential students will be interviewed at Therapy Train Stirling, prior to the offer of a training place. Small group training opportunities, like the *COSCA Introduction to Counselling Skills Certificate Course,* can be personally demanding and this will be explored during initial selection interviews. Participants should consider the emotional impact of a developmental course like this, on themselves and on others in the learning group. This course is based on a humanistic model of relational learning and depends on the learning group to form a communal support for each individual.

After a place on the course has been offered, an initial £365 fee deposit will be due before the first training day in October, as payment for Module 1. Similarly, fees for Modules 2-4 are payable in advance. After each module has been completed, the group will have a two-week break, as per COSCA guidelines.