



## **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 & 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 a new COSCA training course at our Stirling base was approved by COSCA at the end of September 2019.

We aim to offer our first Therapy Train Stirling *COSCA Introduction to Counselling Skills Certificate Course* in January 2020. For details of training dates, please see the provisional outline of dates below.

Places on each course will be limited from 12 to 15 places, so early booking is recommended.

To add your name to the waiting list of potential students for the COSCA Certificate in Counselling, send an email to [info@therapytrainstirling.co.uk](mailto:info@therapytrainstirling.co.uk) or contact our office team on 01786 451 532.

If there is a demand from more than 15 people interested in undertaking this COSCA training course, we will consider two smaller training groups.

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 aims to facilitate this new COSCA Certificate in Counselling Skills Training course from Autumn 2019, at the premises of Therapy Train Stirling CIC, 35 Stirling Business Centre, 73 Wellgreen Place, Stirling, FK8 2DZ.

### **2019 – 2020 COSCA Counselling Certificate Training - Module Fees**

Each module of this counselling certificate training makes up 30 hours, offered over selected Saturday afternoons during 2020. There are 4 modules to complete, and in total the course comprises 120 hours of 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 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.

### **Module One – Provisional Timetable Dates**

**Saturday 11th January 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 18th January 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 25th January 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 1<sup>st</sup> February 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 8<sup>th</sup> February 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**BREAK 15<sup>th</sup> & 22<sup>nd</sup> February -----**

**Module Two begins on Saturday 29<sup>th</sup> February 2020.**

**Saturday 29<sup>th</sup> February 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 7<sup>th</sup> March 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 14<sup>th</sup> March 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 21<sup>st</sup> March 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**Saturday 28<sup>th</sup> March 2020: 10:00am – 4:30pm = 6 hours (with 30min break)**

**BREAK 4<sup>th</sup> & 11<sup>th</sup> April (Easter Weekend) -----**

**Module Three begins on Saturday 18<sup>th</sup> April 2020 – 23<sup>rd</sup> May 2020**

**BREAK 30<sup>th</sup> May & 6<sup>th</sup> June -----**

**Module Four begins on Saturday 13<sup>th</sup> June 2020 – 11<sup>th</sup> July 2020**