



Lower Ground Floor ◦ 12 Melville Terrace ◦ Stirling ◦ FK8 2NE ◦

info@therapytrainstirling.co.uk ◦ 01786 451 532 ◦ www.therapytrainstirling.co.uk

COSCA Certificate in Counselling Skills - Course Outline

Therapy Train Stirling CIC were validated by COSCA (Counselling & Psychotherapy in Scotland) in September 2019 to run courses towards their Certificate in Counselling Skills. Successful completion of this course results in 40 credits at SCQF Level 8, and acts as an entry level qualification to tertiary education institutions for study towards HND level and beyond.

Each module of this counselling certificate training requires 30 hours of participation. With 4 modules to complete, the course comprises 120 hours of training. Each module also includes an assessed written assignment. After each module has been completed, the group will have a two-week break, as per COSCA guidelines.

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

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

The Course is facilitated by Rebecca Black, a person-centred counsellor with over 12 years of post-training experience, including supporting student counsellors undertaking practical placements as part of their academic qualification. 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 supervisor of adult counsellors and has completed training as a Play Therapy supervisor.

Rebecca is a COSCA member and trainer accredited by them. She is also an Accredited Member of the British Association of Counselling and Psychotherapy (BACP) and registered with the British Association of Play Therapists (BAPT).

Potential students will be interviewed at Therapy Train Stirling, prior to the offer of a training place. Small group training opportunities 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.

2019 – 2020 COSCA Counselling Certificate Training - Module Fees

Each 30-hour module costs £365 per participant, totalling £1,460 to complete all 4 modules (inclusive of the cost of module workbooks).

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.

Students who meet the criteria of the Students Awards Agency Scotland (SAAS) Part Time Fee Grant scheme – broadly, but not exclusively, ordinarily resident in Scotland now and for the 3 years preceding the course start date with gross income less than £25,000pa – can apply for support towards the course fee.

See: <https://www.saas.gov.uk/files/438/saas-part-time-fee-grant-notes.pdf>
<https://www.saas.gov.uk/files/427/saas-part-time-fee-grant-application-form.pdf>

For details of training dates, please see the separate provisional schedule.

Places on each course will be limited from 9 to 12 places, so early booking is recommended.

To express interest, or to request an application form for the COSCA Certificate in Counselling, please send an email to info@therapytrainstirling.co.uk or contact our office team on 01786 451 532.