



[info@therapytrainstirling.co.uk](mailto:info@therapytrainstirling.co.uk) • 01786 451 532 • [www.therapytrainstirling.co.uk](http://www.therapytrainstirling.co.uk)

## Professional Diploma in Person Centred Counselling

**On successful completion of this course graduates become eligible to join COSCA register to practice as a counsellor.**

**The aims of this course are to:**

- provide a 2 year part-time Person-Centred Counsellor Training.
- offer an interactive learning opportunity based on Group engagement & Peer Support
- present and offer theory that explains the Person-Centred Approach in practice.
- support students to self-reflect and take responsibility for their own learning.
- encourage students to become active self-directed learners.
- help students to understand the counselling process and apply it in practice with clients
- transfer further knowledge and understanding of ethical and professional responsibilities.
- facilitate insight regarding intrapersonal growth and interpersonal dynamics.
- discuss applied knowledge of different counselling theories.
- explain the process of therapeutic change in a creative and applied way.
- prepare students for professional practice with clients.
- enhance counselling skills, self-awareness, ethical and theoretical knowledge about human development, general mental health and psychopathology

### **Duration of course and venue**

The course is split into 7 Terms, Terms 1 to 6 are 10 weeks in duration and the 7<sup>th</sup> is over 6 weeks. Please note Term 4 will run for the last 3 weeks of Year 1 and will recommence in Year 2 after the Summer holiday break.

**Year 1:** 1 day per week [Monday] from 25<sup>th</sup> August 2025 – 15<sup>th</sup> June 2026

**Year 2:** 1 day per week (Monday) from 24<sup>th</sup> August 2026 – 2<sup>nd</sup> June 2027

Please see course timetable for dates, times, and breaks

### **Venue -**

12 Melville Terrace  
Stirling  
FK8 2NE



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## Fees and Costs

Fees for the full course over two years from August 2024 will be £8000.

- Year 1 a £1200 non-refundable deposit will be due 4 weeks after your offer to secure your place on the course, with the remaining Year 1 fees of £2760 due by 6<sup>th</sup> June 2025.
- Year 2 fees of £4040 will be due by 5<sup>th</sup> June 2026.

The course fees are payable to Therapy Train Stirling CIC as a training provider; however, applicants should bear in mind that personal therapy and professional supervision are additional individual costs to budget for.

Personal therapy sessions may cost between £40 to £60 and you should budget for 40 over 2 years.

For example, £60 x 40 sessions = £2400 (£1200 per year)

Group supervision will be provided by Therapy Train Stirling CIC during training; further each student will be required to engage their own individual supervisor prior to commencing client work. Once on placement (typically Term 3 onwards) individual supervision is required at a frequency of 1 hour every fortnight i.e. 1 hour of supervision to every 3 client hours. If you are seeing more than 3 clients a week you will require more supervision. Individual supervision can cost £40 to £60 hourly.

For example £60 x 20 sessions, fortnightly from Term 3 – Term 7 = £1200

As a guide you should budget for both of the above costs over and above your fees of £8000

<b>Year 1 &amp;2 Fees</b>	<b>£8000</b>
<b>Personal Therapy sessions over 2 years</b>	<b>£2400 (costs vary)</b>
<b>Personal supervision</b>	<b>£1200 (costs vary)</b>
<b>Total costs</b>	<b>£11,600 (estimate)</b>

Successful students will receive a list of recommended textbooks that would support you in your training, to help you budget you may want to allot £300

## Applicants are required to:

- have completed the COSCA Counselling Skills Certificate in the last 3 years,
- preferably hold a degree (Course leaders will consider potential applicants with equivalent professional experience and ability at academic degree level),
- write a Personal Statement which should address: Motivation, Goals, Readiness, Competency, Development Aims,
- confirm commitment to course requirements for example 100% attendance, sufficient funds to finance COSCA membership, supervision, personal counselling, book purchases, time.



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## Recruitment Process

- Group interviews - selected candidates will be invited for Group interview.