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COSCA Certificate in Counselling Skills - Course Outline

Therapy Train Stirling CIC are validated by COSCA (Counselling & Psychotherapy in Scotland) to run courses towards their Certificate in Counselling Skills. Successful completion of this course results in 40 credits at SCQF Level 8 and, at the discretion of tertiary education institutions, acts as an entry level qualification 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. Progression to Modules 2, 3 & 4 is via positive completion of the preceding module. After each module has been completed, the group will have a two-week break, as per COSCA guidelines.

In addition to the 120 hours of training you will be expected to commit to 1-3 hours of private study per week.

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

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- 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

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 and all students will be expected to contribute.

We would recommend you purchase the book Learning to Counsel by William Stewart and Jan Sutton 2017 in advance of the course.

<https://www.waterstones.com/book/learning-to-counsel-4th-edition/jan-sutton/william-stewart/9781472138491>

2025 COSCA Counselling Certificate Training - Module Fees

Each 30-hour module costs £450 per participant, totalling £1,800 to complete all 4 modules (inclusive of the cost of module workbooks).

After a place on the course has been offered, an initial £450 deposit is required to secure your place and as payment for Module 1, this is non-refundable. The total £450 fee for modules 2-4 is payable in advance of each module commencing and is non-refundable.

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

Places on each course will be limited so early booking is recommended.

SAAS Part-time Fee Grant

Students who meet the criteria of the Students Awards Agency Scotland (SAAS) Part Time Fee Grant scheme can apply for support towards the course fee.

To receive funding, you need to:

- Study an eligible course
- Meet our residence criteria
- Be earning an average gross income of £25,000 a year or less, including bonuses and overtime
- Have left full-time compulsory education, such as high school

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See: <https://www.saas.gov.uk/part-time/undergraduate-funding>