



COSCA

Counselling & Psychotherapy
in Scotland

16 Melville Terrace, Stirling FK8 2NE

T: 01786 475 140 F: 01786 446 207

E: info@cosca.org.uk W: www.cosca.org.uk

COSCA's Further Steps in Counselling Skills Course (Volume 1)

A Course Outline

1. Introduction

COSCA's Further Steps in Counselling Skills Course (Volume 1) was launched in July 2008. The course is aimed at those who have already completed the COSCA Counselling Skills Certificate Course (or equivalent).

The overall format and layout is similar to that of the COSCA Counselling Skills Certificate. It is designed to be delivered over 30 hours, and includes 12 units of two and a half hours in length. As before, there is also a separate handbook for participants and trainers. The course is structured around a collection of different themes and is designed to provide a coherent and flowing learning experience for participants.

As in the COSCA Counselling Skills Certificate Course, the threads of Skills, Theory, Self-awareness and Ethics is embedded in all the material covered. The core of the learning comes from participants working with their own life experiences and skills application.

The course recognises that participants will have had differing experiences of the COSCA Counselling Skills Certificate Course according to the version they attended. The course has been written with this in mind, and provides sufficient information on the themes covered for everyone to participate.

In particular, the course:

- ❑ will further develop the counselling skills of participants who have completed the COSCA Counselling Skills Certificate Course (or equivalent)
- ❑ provide opportunities for participants to reconnect with their previous learning and experience
- ❑ will help participants to up-date their practice and understanding of counselling skills
- ❑ will assist participants to further deepen and develop their knowledge and use of counselling skills.

COSCA would like to encourage all participants on this course to join COSCA as Student members, if they are not already members of COSCA. Information on membership can be found on the COSCA website. www.cosca.org.uk

2. Aims of the Course

The aims of the course are:

- To establish each participant's experience of counselling skills since completing the COSCA Counselling Skills Certificate or equivalent and to encourage each participant to identify their personal aims for this course.
- To revise some of the core concepts of the different models of counselling and explore the extent to which these influence participants' lives and their use of a counselling approach.
- To explore human development and early attachment and how past experiences can influence our emotional, sexual, spiritual and social development.
- To explore the meaning and impact of trauma and conflict.
- To explore addiction/dependency.
- To explore the process of personal change and how to support this process using a counselling approach.
- To introduce some basic concepts of transpersonal psychology and psychosynthesis as models which address the past, present and future of human experience.
- To explore the use of creative therapeutic interventions as part of using a counselling approach.
- To enable participants to consolidate and apply their learning.
- To offer the opportunity for practice and feedback in relation to 'ways of being' and 'ways of doing' in the use of counselling skills.
- To raise awareness of ethical issues which may arise from using a counselling approach.
- To encourage participants to monitor the ways in which their needs and beliefs influence the process of using a counselling approach.

3. Content of the Course

UNIT 1 Review of Previous Learning, Expectations of this Course and Working Agreement	
UNIT 2 Attitudes and Beliefs about Human Development	
UNIT 3 Gender and Sexual Identity	
UNIT 4 Counselling Models and Process of Change	
UNIT 5 Understanding Trauma	
UNIT 6 Understanding and Working with Addictions/Dependency	
UNIT 7 Transpersonal Perspective and Psychosynthesis	
UNIT 8 Integration of Counselling Skills and Audio-taped Practice	
UNIT 9 Working with Conflict	
Group A	Group B
UNIT 10	
Presenting self analysis of transcript and receiving feedback	Working creatively using a counselling approach
UNIT 11	
Working creatively using a counselling approach	Presenting self analysis of transcript and receiving feedback
UNIT 12	
Reflection on learning from the course and group review, evaluation and course ending	

4. Learning Outcomes: Core Competencies

Assessment of participants will be based on their meeting of competencies (see below) and will be undertaken throughout the course as part of the teaching, so that discernment and support are part of the same process.

Each unit has been designed to enable participants to evidence two core competencies whilst they are engaged in large and small group discussions and practice groups. The two core competencies are:

Competence 1: Establish, maintain and bring to an end a supportive interaction

Performance Criteria:

1. to be able to negotiate and agree with the Speaker the confidentiality framework within which the interaction will occur
2. to be able to maintain and monitor the agreed boundaries
3. to be able to encourage the Speaker to feel able to speak at his/her own pace
4. to be able to listen and communicate listening to the Speaker
5. to be able to clarify the views and beliefs of the Speaker in an open and positive manner
6. to be able to reflect back to the Speaker the full communication experienced
7. to be able to acknowledge the feelings of the Speaker with appropriate empathic support
8. to be able to summarise to the Speaker their understanding of the Speaker's issues and relevant beliefs
9. to be able to maintain the focus of interaction on what the Speaker is communicating and be able to offer a personal sense of the Speaker's issues, appropriate to the context
10. to be able to respect the Speaker's ways of being to avoid intrusive exploration
11. to be able to discuss and explore the goals of the Speaker in an open manner
12. be able to help the Speaker to identify personal strengths and motivations to change
13. to be able to help the Speaker to identify inhibiting factors and resistance to change
14. be able to re-evaluate with the Speaker the eventual desired outcome
15. to be able to discuss the ending and explore connected feelings with the Speaker
16. to be able to evaluate the work done with the Speaker
17. to be able to explore future action with the Speaker
18. to be able to bring the interaction to an end in a clear and definite manner
19. to be able to explain to Observers all interventions/responses (including the use of silence).

Competence 2: Self monitoring

Performance Criteria:

1. to be able to identify personal reactions and emotions arising from the work with the Speaker and demonstrate the ability to explore one's own feelings and reactions to the Speaker's issues
2. to be able to acknowledge tendencies to interpret and/or impose views emerging from one's own personal issues and demonstrate the ability to avoid/resist the tendency to impose such views.

5. Delivery of the Course

The handbook for Participants and the Trainers Pack (Trainers Handbook plus Participants Handbook) is available to be purchased by training providers through the COSCA office (an order form is available from the COSCA website. Please order your copies of handbooks as far in advance as possible by contacting: ashleigh@cosca.org.uk The cost of a Trainers Pack is £70.00 each. The cost of a Participants Handbook is £15.00 each.

Providers who are interested in offering this course require to obtain COSCA Specialist Course Validation. Specialist Course Validation application forms may be downloaded from the COSCA website.

The core training team delivering the course must have at least one COSCA Accredited Trainer (Certificate or Diploma level). All other trainers involved in the delivery of the course are required to submit copies of their CVs to the Course Validation Panel for approval in advance of delivering this course and to become COSCA Accredited Trainers (Certificate or Diploma level) at the point of Revalidation. Details of COSCA Trainer Accreditation are available on COSCA website: www.cosca.org.uk.

You may contact the COSCA Development Officer (Individuals/Courses) who will guide you through the process of validation - gillian@cosca.org.uk

Brian Magee
Chief Executive
COSCA (Counselling & Psychotherapy in Scotland)
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