



**COSCA (Counselling & Psychotherapy in Scotland)**  
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## **Volunteering with COSCA (Counselling & Psychotherapy in Scotland)**

### **Frequently Asked Questions**

**I haven't got much time but would really like to volunteer. Are there any opportunities that suit this?**

Yes, there are plenty of things you can do which would really provide benefits to others but don't take much of your time.

For example, if you join one of our seminar/workshop/conference planning groups, you'll just need to attend a few meetings to prepare for the seminar/workshop/conference of your choice.

You can also volunteer to join one of our two Standing Groups that work on COSCA's policies related to either counselling or training. These groups meet only four times per annum.

The Training Resources Working Group looks at new COSCA courses and revises existing ones from time to time. You can volunteer with this Group if you would like to be part of shaping the future of COSCA's own training courses e.g. our Counselling Skills Certificate or our Counselling Supervision Certificate.

Whenever vacancies arise on COSCA's Board, an election system is put in place leading up to an appointment at the next Annual General Meeting. The Board meets quarterly and sets the vision for COSCA's work.

### **Can I claim benefits while volunteering?**

Yes, you can. The benefits regulations are clear that you can volunteer. For detailed and up to date information on volunteering whilst you are claiming welfare benefits please visit ([volunteerscotland.net](http://volunteerscotland.net))

### **If I volunteer for COSCA, will my employment prospects improve?**

Volunteering with COSCA is a great way to gain experience in the counselling/psychotherapy field and you'll learn a lot about COSCA and its work. This does not guarantee you'll get a job or improve your employment prospects after your volunteering has ended. However, many of our volunteers do find that the skills and experience they've acquired through volunteering with COSCA have helped them in applications to work in the counselling field.

### **Will I get training as a COSCA volunteer?**

The training that you receive will depend on the role that you do, as some opportunities need more in depth training than others. In addition, all volunteers will receive information on COSCA and a Volunteering Handbook with lots of helpful information about COSCA's policies and procedures.

### **I can't find anything that suits me, should I ring up to discuss other options?**

All the volunteering opportunities we currently have available are detailed on the vacancy section of our website under other. So, if you don't find anything this time, keep checking as these can change on a weekly basis.

If you have any other questions which aren't covered above, please call COSCA's office on 01786 475 140 or email [info@cosca.org.uk](mailto:info@cosca.org.uk).

Brian Magee  
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COSCA (Counselling & Psychotherapy in Scotland)