

COSCA Counselling Skills Certificate



The Spark is validated by COSCA, Scotland's professional body for counselling and psychotherapy, to deliver the 4 Module (120 hours) COSCA Certificate in Counselling Skills course. The Spark is a national relationship counselling charity and training organisation that has operated for over 50 years.

WHAT WILL PARTICIPANTS LEARN?

- **Skills:** communication skills are developed through experiential learning, building ability in active listening – participants become more attuned to the responses of others, noticing shifts in body language or changes in mood, learning how to subtly explore such changes, and understand when to use key skills.
- **Self-awareness:** participants become more aware of their own responses and reactions and what drives these, helping to separate their interests from those of the person they are supporting.
- **Knowledge and ethics:** the course covers the theory that underpins different counselling approaches, and the ethics required in any supportive relationship.

WHO IS IT FOR?

- Anyone whose work performance would benefit from the use of enhanced listening skills within the workplace, eg nursing or health professionals, teaching or social work, police officers, working in HR, in staff development and appraisals, management, and those working in care settings – whether non-residential or residential.
- This course is an excellent first step for anyone interested in training as a counsellor.

WHAT WILL YOU GAIN?

- Effective listening and people skills that will benefit personal and work relationships.
- Self-awareness and a better ability to reflect, enabling more effective interventions.
- Knowledge of the theory that validates the effectiveness of counselling skills.
- Understanding of the ethical framework required in all supporting relationships.
- A professional recognised qualification, 40 SCQF credits at SCQF level 8.

THE COSCA COUNSELLING SKILLS COURSE:

- The 4 modules are 30 hours each, normally completed within a year.
- Delivered by highly trained tutors who are experienced counsellors.
- **Cost:** £245 per module (inclusive of handbook), payable in full prior to course start or in instalments by agreement.
- **Location:** The Spark, 72 Waterloo Street, Glasgow G2 7DA (for all dates)
- **Day/time:** Friday 9.15am–4.45pm on the following dates (85% attendance required per module)

Mod	Month (2018)	Tuesday	Mod	Month (2018)	Tuesday
1	January February	23 rd & 30 th 6 th , 13 th & 20 th	3	April May	17 th & 24 th 1 st , 8 th & 15 th
2	March April	6 th , 13 th , 20 th & 27 th 3 rd	4	May June	29 th 5 th , 12 th , 19 th , 26 th

TO APPLY:

Please email Training@TheSpark.org.uk or call **0141 222 2166** to request an application form.

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Anyone who has an interest in learning counselling skills, whether for work or as a career, and who has an opportunity to practice the skills learned on the course, can apply.

Progression to Modules 2, 3 and 4 is by successful completion of preceding modules.

MODULE DETAILS:

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 of Personal Motives 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 and 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