

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. Courses are delivered by professional counsellors, offering added insight into the profession.

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:

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.

- The course is run in 4 modules, each delivered over 5 days by an experienced trainer and counsellor. Training is generally run from 9.15am–4.45pm, and includes a mix of knowledge and skills practise.
- You apply for the whole course but you won't have to pay for any modules you don't begin. The course can be paid for by instalments (2 payments per module, which we administrate) or in full – and we can send an invoice if employers are funding your place.
- 85% attendance is required for each module, and progression is on successful completion of each module.
- Applicants who have previously completed COSCA skills modules elsewhere can also apply to join the course. On the application form, please highlight which modules you wish to join, and contact COSCA to provide evidence of modules completed.

TO APPLY:

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

Please see over for details of modules.

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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