

## **COSCA Certificate in Counselling Skills**

### **Information**

COSCA is the professional body for counselling and psychotherapy in Scotland. It sets the standards for training and practice in the field of counselling.

### **Purpose of the COSCA Certificate in Counselling Skills:**

The Certificate in Counselling skills is designed for individuals who currently work in/ want to work in helping roles e.g. support workers, mentors, teachers, and managers who are considering further training in counselling.

It is not a qualification to become a counsellor on its own, but it provides essential core counselling skills that are useful in many fields, such as healthcare, social services, education, and community work.

### **What You Will Learn**

- Core Counselling Skills:
  - Active listening, empathy, and how to build rapport.
  - Reflective practice and self-awareness.
  - Exploring ethical issues and boundaries in helping relationships.
  - Understanding the key concepts in person-centred counselling.
- Introduction to Theoretical Models:
  - Brief overview of person-centred, cognitive-behavioural, psycho dynamic, gestalt approaches.
  - topics such as : loss, attachment theory, sexuality, spirituality, power,
- Practical Application:
  - Opportunities to practise skills in a safe, supervised environment through real-life scenarios.

### **Course Structure and Content**

The program typically lasts for about 12 months, it will be one evening per week part-time.

The COSCA Certificate in Counselling Skills comprises of 4 modules of 12 weeks, (timings to be added) 120 hours in total. The certificate is 40 SCQF credits at Level 8 each module builds on the previous one covering the following key areas:

#### **Module 1 - Beginnings**

- Counselling skills practices
- Self awareness exercises
- Theory of counselling skills

- Ethics of confidentiality

## **Module 2 Exploration & Expansion**

- Topics, Beginnings, Middles, Endings, attachment & loss, Sexuality & Gender, Working with difference, power.
- Listening skills practices
- Self awareness exercises

## **, Module 3 review and reflection**

- Theory of Person Centred, Cognitive Behavioural Therapy & Psychodynamic modalities.
- Counselling skills practice
- Self awareness exercises

## **Module 4 Integration**

- Theory of Gestalt & Transactional Analysis modalities
- Topics of stress, social inclusion, ethics of boundaries
- Counselling skills practice
- Self awareness exercises.

Throughout these modules students are encouraged to maintain a reflective journal, engage in group discussions and counselling skills to deepen both practical skills and self awareness.

## **Assessment**

There is one written open book assessment at the end of each module. Additionally, students are assessed by the trainer on their skills practise throughout the module, participation on the course and ability to reflect and increase their level of self awareness.

Award of the Certificate depends on satisfactory completion of all four modules. **Participants must plan for 100% attendance as COSCA require that course members attend a minimum of 85% of teaching sessions therefore participants should be able to commit to this prior to enrolment.** Planned absences should be discussed in advance with your tutor to ensure attendance criteria will be met.

## **Entry Requirements**

Applicants need to be over 18, have the ability to produce academic written work suitable for SCQF level 8. Demonstrating a genuine interest in working with people, along with the

emotional maturity and self-awareness necessary for engaging in reflective practice and developing counselling skills are essential.

It can be helpful to have completed the SQA Introduction to Counselling Skills Level 5 course as a useful preparation for the COSCA Certificate in Counselling Skills course.

### **Career Opportunities and Benefits**

This qualification can enhance skills in roles such as social work, teaching, nursing, health and social care, HR and management. This certificate is the minimum direct entrance level qualification for those who wish to pursue a diploma in counselling or further qualifications in counselling or psychotherapy.

### **Support and Resources**

You will have ongoing support throughout the course from an accredited COSCA Certificate in Counselling skills trainer as well as a practising counsellor.

The course is experiential and creates opportunities for group learning, peer discussions, and learning from like-minded individuals.

### **Costs and Funding**

The cost of the course is £1000 in total. Funding may be available from the Student Awards Agency Scotland (SAAS) for the COSCA Certificate in Counselling Skills. If students meet the eligibility criteria they can receive up to £402.00 towards their course fee.

### **Application Process**

If you wish to apply please complete an enrolment form and submit to [gtaylor@moorehouse.org.uk](mailto:gtaylor@moorehouse.org.uk)

## **Selection Criteria:**

It is essential that you provide as much relevant detail as possible on your application form. If your application is successful the course tutor will be in touch with you to arrange an interview, which may be in person or over the phone, to explain about the course in more detail and to discuss your hopes and expectations.

**If you are a member of staff with Moore House Group, please include this on your personal statement along with a written agreement from your line manager stating that your daily work pattern/shift allocation will allow 100% attendance on the course.**

Applications for a place on Module One of the Certificate in Counselling skills course will be made on the basis of the content of the application form and the outcome of your interview. Continuation to Module 2 through to 4 will require successful completion of the preceding Modules.

## **Student Testimonials and Success Stories**

*“I completed the COSCA Certificate in Counselling Skills with Gail from 2023 to 2024. This was my first introduction to a counselling qualification and I was pleasantly surprised with how much I got from the course. From covering all the different theories to the skills practice, there was a lot of learning to be had. I particularly gained a lot from the skill practice, working with my peers and putting our learning into practice was so valuable to experience how counselling skills can be used from both sides. Getting feedback from Gail allowed us all to develop our knowledge and skills, and grow as people. Throughout the course, I learned to be more open with myself and others while making lifelong friends along the way”.*

*Adam*

“Gail was an exceptional trainer who delivered the COSCA Counselling Skills Course with passion and expertise. She was incredibly encouraging, always offering positive feedback and constructive criticism.

Gail has a unique ability to break down complex concepts into easily understandable terms. Her teaching style is engaging and interactive, and she creates a supportive learning environment where everyone feels comfortable sharing their thoughts and ideas.

I am incredibly grateful for Gail's support and guidance. She has inspired me to pursue further education and has helped me to develop the skills and confidence I need to succeed as a counsellor.”

*Stephanie*

“I completed the COSCA course with Gail as my tutor during 2023 to 2024. Gail is a fabulous tutor, helpful, professional and approachable. Lessons were very well planned and I learnt a lot about counselling but also about myself during the course. I am now currently studying the diploma in integrative counselling and I believe this is partly down to the person who taught me in my COSCA skills, Gail believed in me and helped me believe in myself that I can do anything if I want it so badly.”

Laura Scott

“I had Gail as a tutor at West Lothian college, where I did my COSCA course.

I cannot tell you how lucky we were to have her as our tutor.

Gail was supportive, compassionate, empathetic as-well as being professional.

She made the course fun and enjoyable, I am so glad I chose the course and was lucky enough to have Gail teach it.”

Alana

“ Gail was my lecturer for the COSCA Counselling Skills course. I thoroughly enjoyed Gail's teaching, the range of activities and especially the breath work. She provided a safe space for us to learn the basic counselling skills and develop within ourselves. The biggest praise I can give Gail is that she inspired me to continue the journey and I am currently enrolled in the next stage to become a counsellor!”.

Amie