



COSCA Certificate in Counselling Skills and Introduction to Counselling Skills

**Classes running throughout the
year at Jewel & Esk College**





What are Counselling Skills?

- good interpersonal or communication skills
- based on active listening
- involve using verbal and non-verbal skills e.g. paraphrasing, asking questions in a helpful way, summarising, attending and responding to the speaker
- bring acceptance, genuineness and empathy into a helping relationship

Counselling skills can be used in any kind of helping relationship as part of a counselling approach. You don't always need a private and confidential setting to use your skills.

What is the COSCA Certificate in Counselling Skills?

The COSCA Certificate in Counselling Skills is a 120 hour training programme in counselling skills. It is normally delivered over 4 modules of 30 hours each, and contains four strands: skills, knowledge, self-awareness and ethics. You will work in small groups during the course to practise your skills.

The certificate is useful for people in helping or caring professions and helps you to develop and apply your counselling skills in many situations during your working day. It gives you a professionally recognised qualification in counselling skills, which can also be an excellent starting point for those who wish to train as a counsellor or psychotherapist.

COSCA Certificate in Counselling Skills at work

Counselling skills can be helpful in a number of areas, including:

- nursing, teaching and social work contexts
- human resources work
- welfare services
- staff development and appraisal
- management relations
- residential and non-residential care

We believe that the COSCA Certificate in Counselling Skills will help many workforces to carry out their roles and responsibilities more effectively. Previous participants in COSCA courses have reported that they feel more confident listening to patients and responding appropriately, or that they feel they have gained knowledge to help them in their role as a social worker.

Courses

Classes run at Jewel & Esk College, Edinburgh Campus throughout the year:

- COSCA Certificate in Counselling Skills £260 per module (4 modules)
Thursday evenings from September 6pm – 8.30pm
Wednesday evenings from January 6pm – 8.30pm
- Introduction to Counselling £115. Evenings, beginning January.



The COSCA Certificate in Counselling Skills is now eligible for a £500 Part Time Fee Grant, administered by SAAS. You could be eligible if your income is £22,000 a year or less.

For more information:

web. www.saas.gov.uk

tel. 0300 555 0505

Enrol now

For more information contact Jan Crawford:
tel. 0131 344 7211 or email. jcrawford@jec.ac.uk

To enrol call Student Support Services:
tel. 0131 344 7100 or email. info@jec.ac.uk
web. www.jec.ac.uk

Jewel & Esk College
Edinburgh Campus
24 Milton Road East
Edinburgh
EH15 2PP



What is COSCA (Counselling & Psychotherapy in Scotland)?

COSCA (Counselling & Psychotherapy in Scotland) is the professional body for counselling and psychotherapy in Scotland. We are a registered charity and a voluntary organisation committed to the promotion of not only counselling and psychotherapy but also the use of counselling skills in a variety of settings.