



Building brighter futures.

# S.M.I.L.E. TRAINING



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# ABOUT US

S.M.I.L.E. Counselling provides training for both professionals and members of the community. Our courses allow you to gain certification across a range of specialisms. Counselling, Psychotherapy, Suicide First Aid Intervention & Prevention and Mental Health First Aid.

We are committed to delivering training that goes beyond theoretical knowledge, providing practical tools and skills that empower individuals and organisations alike. Our blended learning approach is carefully crafted to ensure that participants not only receive high-quality education but also experience personal and professional growth that benefits themselves and their companies.





# COSCA Certificate in Counselling Skills

This course provides 120 hours of training towards a level 8 SCQF certificate validated by COSCA (40 SCQF credits).

In the COSCA Certificate in Counselling Skills program, our blended approach incorporates a dynamic learning environment that encourages active participation and skill acquisition.

This approach is particularly beneficial for anyone seeking to improve their interpersonal skills, emotional intelligence, and communication abilities.

There are four themes associated with the modules:

- Module One: listening
- Module Two: responding
- Module Three: self-reflection
- Module Four: integration



# COSCA Diploma in Integrative Counselling and Psychotherapy

This is a part-time programme, delivered over 2 years. The academic year for the course runs over a 10-month period from September to June, with breaks in line with the West Lothian academic calendar.

Our Diploma in Integrative Counselling and Psychotherapy, designed to be credit-rated at SCQF level 10/11, showcases the advantages of blended learning over an extended period. By balancing classroom sessions with self-study, ongoing supervision, self-awareness, empowerment of clients, and awareness of social and cultural contexts, this program prepares individuals to be well-rounded and competent professionals in the field of Integrative Counselling and Psychotherapy, working with Children, Young People and Adults.

**Course requirements:** 450 taught hours, 100 clinical hours, 20 hours ongoing clinical supervision at a ratio of 1:6 and a minimum of 16 hours personal therapy is suggested



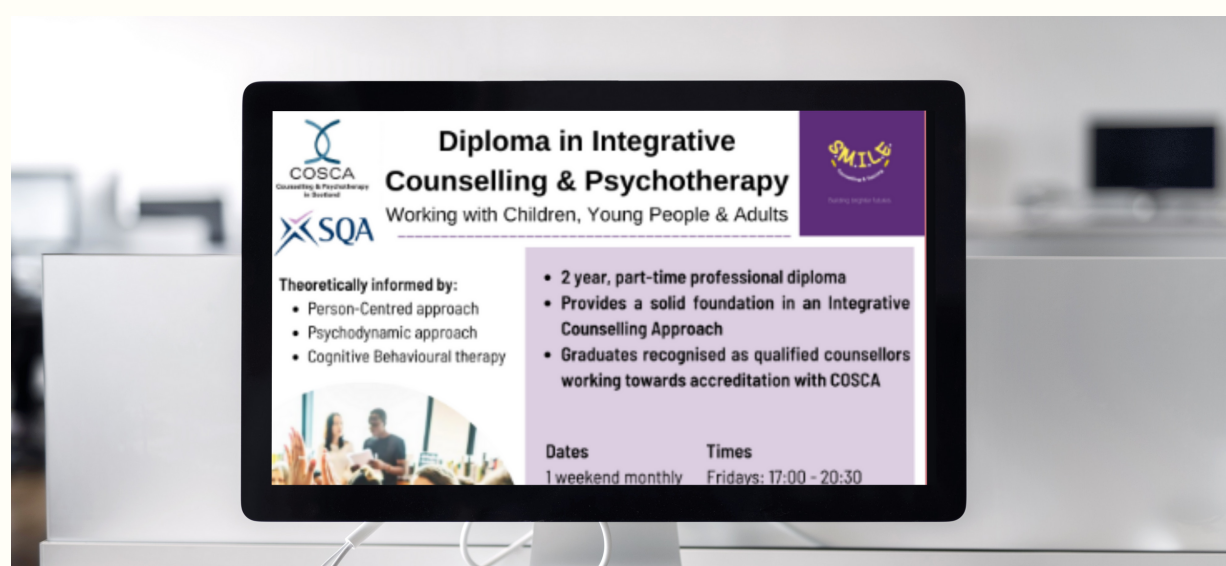


# COSCA Diploma in Integrative Counselling and Psychotherapy

Key points:



- 2 year, part-time professional Diploma which qualifies you to work with children, young people & adults
- Graduates are fully qualified to work within the Integrative Counselling approach
- Graduates recognised as qualified counsellors and are able to register with COSCA or BACP
- Our Diploma **also includes online learning in Safeguarding Level 2 and;**
- **our Trauma Informed SQA Mental Wellbeing & Health qualification Level 5**

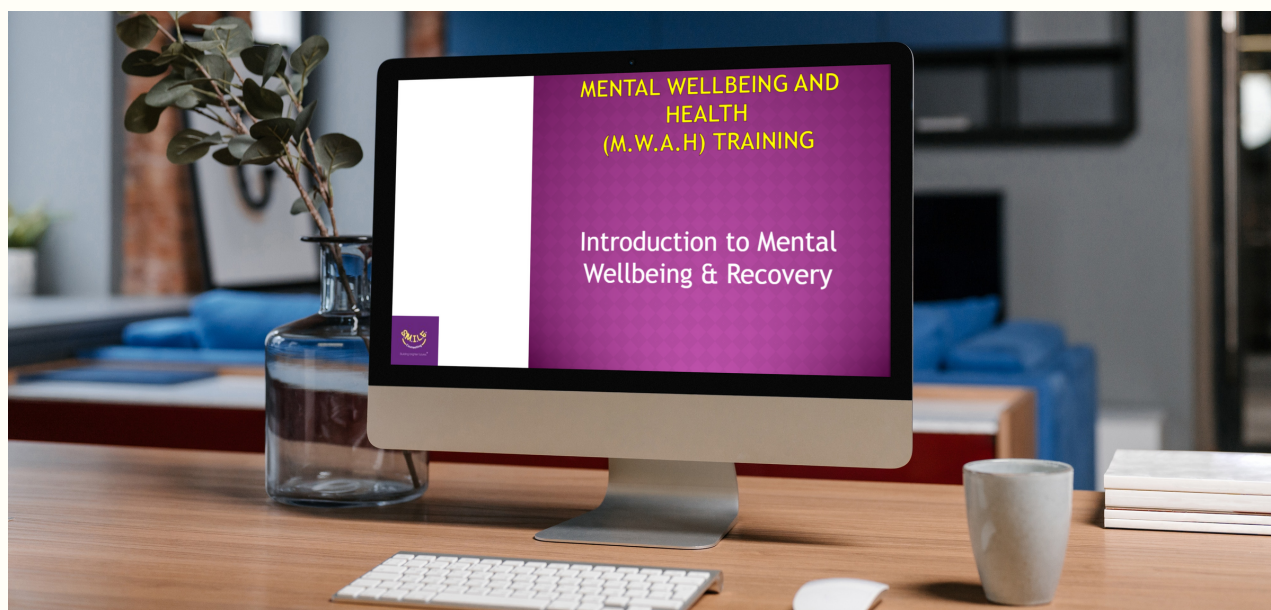


# MENTAL WELLBEING AND HEALTH COURSE

Our Mental Wellbeing and Health course is meticulously designed with the aim of fostering a holistic understanding of mental wellbeing and health. By seamlessly combining self-study, live online sessions, and interactive assessments, we ensure that you not only acquire knowledge but also actively engage with the material.

This is real-life training which acknowledges the complexities of human experience. By providing tools and support for challenges such as bereavement, stress & anxiety, depression and mood, and family dynamics.

By delving into the genuine challenges that we and our colleagues encounter on a daily basis, this training becomes a toolbox of relatable learning, facilitating personal and professional growth in tandem.

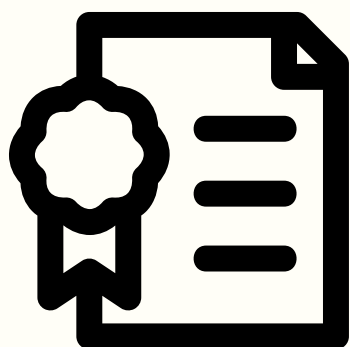




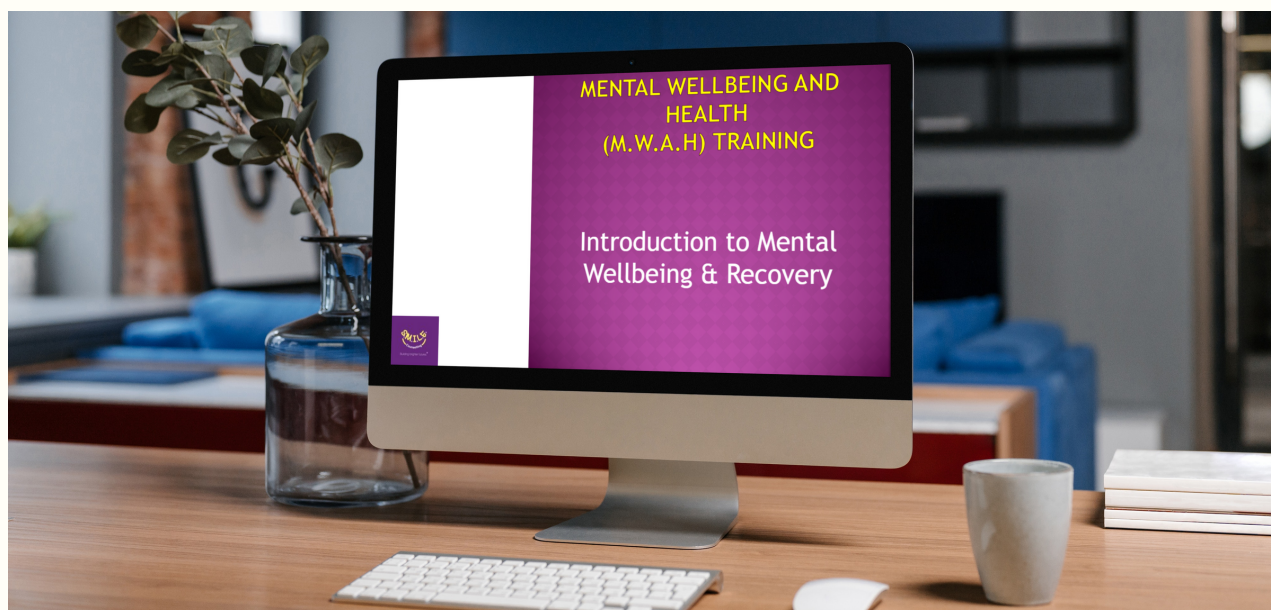
# MENTAL WELLBEING AND HEALTH COURSE

This is more than just training; This comprehensive course equips participants with invaluable tools and unwavering support to navigate the complexities of life.

The blended approach allows for flexibility, enabling participants to balance their professional commitments with their personal development. By participating in our course, you not only enhance your understanding of your own mental health and wellbeing but also contribute to a healthier and more supportive workplace environment.



On completion you will be awarded with dual qualifications in Safeguarding Level 2 and also SCQF Level 5 in Mental Wellbeing and Health.



# ASIST

ASIST is for everyone (over the age of 18) and can help both professionals and members of the community such as; emergency service workers, counsellors, teachers, ministers, mental health staff, workers in health, welfare and justice, parents/relatives and community volunteers.

The ASIST Course, a two-day skill-building workshop, is another example of how blended learning can make a significant impact. By combining theory and practice in an interactive setting, participants not only acquire essential skills but also gain the confidence to apply them in real-life situations.

This approach is invaluable for companies that prioritise the mental health and well-being of their employees. ASIST-trained staff members become valuable assets in crisis intervention, enhancing the company's ability to support individuals in distress and creating a safer, more caring work environment.





## Bespoke Training Solutions

When you invest in the well-being and professional development of your team, you're cultivating a culture of growth and resilience.

We understand that mental health and wellbeing are paramount in today's fast-paced world. That's why we take pride in offering tailored, bespoke training programs designed to empower individuals and organisations to thrive mentally and emotionally. Our team of experienced professionals collaborate closely with you to create customised training solutions that address your unique needs and challenges.

Whether you're looking to promote resilience, stress management, or enhance overall mental wellbeing, we are here to support you.



# Our Team



CEO



BUSINESS  
DEVELOPMENT  
MANAGER



TRAINING  
COORDINATOR



FINANCE  
ADMINISTRATOR

We have a friendly team of trainers with a wide breadth of experience, from established and accredited organisations which elevate the quality and diversity of our training programs. With this wealth of expertise at our disposal, we are better equipped to deliver training programs that are not only academically sound but also deeply rooted in real-world applications, offering participants a blended and enriched learning experience.



# TESTIMONIALS



*Fantastic course. I have advised my service lead to put all staff forward for this beneficial training.*

*Sense of self reminded me who I am. Listening skills have definitely improved and helped my communication skills professionally and personally.*

*I found this course enjoyable as well as informative. A very serious subject handled with respect by the trainers that also allowed the participants time and space to explore their own ideas that proved an interactive environment.*

*I thought that the trainers were excellent. They delivered the training in a very clear and engaging way, and paced things very well.*

*The triads and skill sessions, as well as receiving feedback from the course tutor was especially helpful in aiding my learning and giving me the confidence in my own counselling practice and skills.*

# TESTIMONIALS



*Just finished the Trauma Informed College Programme through the M.W.A.H training in partnership with S.M.I.L.E. and CDN. It was an incredible interactive journey where we explored challenging and complex topics with ease within a refreshingly open and honest environment. Special thanks to the amazing delivery team and fantastic participants who 'made the uncomfortable comfortable'*

*An excellent course with first class tutors and lovely, lovely people. Thank you for the journey.*

*The course is amazing, just to be clear - I am loving every minute*

*Each week has brought something both thought provoking and informative, the topics – Safeguarding, trauma, attachment, stress and anxiety, depression and mood, self-harm, CSE, suicide prevention are all so relevant to today's learners and tomorrows. My biggest regret is not getting to meet the course participants in person, I don't think I've ever experienced such warmth from a laptop screen as has been felt during the exchanges and course delivery by June and Declan*



We understand the value of your investment. Our pricing is designed to be competitive and flexible, ensuring you receive exceptional value for your budget. We offer transparent and affordable options to accommodate a wide range of needs, making it easier than ever to access our high-quality bespoke training programs for mental health and wellbeing.

If you have any queries, feel free to ask. Our pricing structure is flexible and can be customised to suit your specific needs. Depending on various factors like group size and training venue, we can always create a personalised package that aligns with your requirements and training budget.





## ASIST

£210 per person (min of 16 people). If you have 24 participants, we are able to discount this price to  $24 \times £175.00 = £4,200$ . This cost is inclusive of a comprehensive package that includes not only the training program itself but also factors in the provision of a training venue and various associated costs. Should certain elements not be required, we are more than happy to tailor our quote accordingly, providing you with the most cost-effective solution without compromising on quality.

## MENTAL WELLBEING & HEALTH COURSE

The cost of the full course including the pre-online module, taught modules, materials, handbooks and certificates is £495 per person. [Must be a minimum of 16 participants]  $16 \times £489 = £7,824$ . If you have 24 participants, we are able to discount this price to  $24 \times £416.66 = £10,000$

**Note:** Until we have finalised numbers and have received detailed information from you regarding training facilities, preferred dates, and desired location, these prices serve as a preliminary indication of costs.



## **COSCA CERTIFICATE**

The cost is £300 per Module (£1,200 for the whole course including materials, handbooks and certificate)

## **COSCA DIPLOMA**

The total cost is £8,250 per person

## **BESPOKE TRAINING SOLUTIONS**

Contact us to discuss your training requirements. Once we receive a clearer indication of your training needs, we can tailor our quote accordingly to ensure it accurately reflects the scope and specifics of your training requirements.

We look forward to working closely with you to deliver a comprehensive and tailored solution that aligns perfectly with your goals and budget.





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# CONTACT US

We're excited to connect with you. Feel free to reach out to us – we can't wait to help you achieve your goals and make your learning experience an enjoyable one!



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