**COSCA CERTIFICATE IN COUNSELLING SKILLS**

**12th September 2024 to 28th August 2025, inclusive**

**17.30 - 20.45 Thursday evenings**

**Tutor: Linsey Revell**

**ONLINE VIA TEAMS**

The course consists of four modules, each comprising 30 hours of formal instruction. Over the course duration, these are accumulated to gain the COSCA Certificate in Counselling Skills.

The four modules each contain elements of skills, knowledge, self-awareness and ethics, which includes an element of self-reflection within a confidential environment. There are four themes associated with the modules

* Module 1 - listening
* Module Two: responding
* Module Three: self-reflection
* Module Four: integration

This is an accredited counselling course which, on completion, can enhance employment opportunities and open possible further study options.

Participants will learn:

* About counselling skills and approaches
* How to apply these skills either within the workplace or for personal development
* About the difference between Counselling as a professional activity and Counselling Skills that could prove valuable for people in a wide variety of occupations.

In addition to the scheduled timetable you should allow approx. 2hrs per week on top of the course for journalling, reading through course materials and producing assignments. **It's important to note that we can only offer an approximate estimate for private study and assignment preparation, as each learner's approach may vary.**

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

You may pay by bank transfer or by card (credit or debit card). In either case, you will be invoiced one month in advance of each Module payment is due 2 weeks before each module starts.

**The course will be delivered online via ZOOM**

**Timetable**

The timetable is detailed below:

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| Unit | Module 1 | Module 2 | Module 3 | Module 4 |
| 1 | 12/09/24 | 05/12/24 | 13/03/25 | 12/06/25 |
| 2 | 19/09/24 | 12/12/24 | 20/03/25 | 19/06/25 |
| 3 | 26/09/24 | 19/12/24 | 27/03/25 | 26/06/25 |
| 4 | 03/10/24 | 09/01/25 | 03/04/25 | 17/07/25 |
| 5 | 10/10/24 | 16/01/25 | 24/04/25 | 24/07/25 |
| 6 | 24/10/24 | 23/01/25 | 01/05/25 | 31/07/25 |
| 7 | 31/10/24 | 30/01/25 | 08/05/25 | 07/08/25 |
| 8 | 07/11/24 | 06/02/25 | 15/05/25 | 14/08/25 |
| 9 | 14/11/24 | 20/02/25 | 22/05/25 | 21/08/25 |
| 10 | 21/11/24 | 27/02/25 | 29/05/25 | 28/08/25 |
| **No online Thursday session** | w/c 14/10/24 [1-week Oct hols]    w/c 25/11/24 -1 week end of module break | w/c 23/12/2024 & 30/12/2024  [2 week Xmas hols] & 10/02/25 [Feb hols]    w/c 03/03/25 - 1 week end of module break | w/c 07/04/25 & 14/04/25   [2-week Easter hols]    w/c 02/06/25 -1 week end of module break | w/c 30/07/25 & 07/07/25 [2-week summer hols] |