



## **COSCA CERTIFICATE IN COUNSELLING SKILLS**

**7<sup>th</sup> January 2025 to 28<sup>th</sup> October 2025 , inclusive**

**17.30 - 20.45 Tuesday evenings**

### **ONLINE VIA ZOOM**

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.

The course hours are made up of:

- 120 hour training programme in counselling skills
- is delivered over 4 Modules of 30 hours each
- 1.5 to 2 hours approx. per week for private study and 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).



Payments can be made by bank transfer. You will be invoiced one month in advance of each Module and payment is due 2 weeks before each module starts.

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

### Timetable

The timetable is detailed below:

Unit	Module 1	Module 2	Module 3	Module 4
1	07/01/2025	25/03/2025	10/06/2025	26/08/2025
2	14/01/2025	01/04/2025	17/06/2025	02/09/2025
3	21/01/2025	08/04/2025	24/06/2025	09/09/2025
4	28/01/2025	15/04/2025	01/07/2025	16/09/2025
5	04/02/2025	22/04/2025	08/07/2025	23/09/2025
6	11/02/2025	29/04/2025	15/07/2025	30/09/2025
7	18/02/2025	06/05/2025	22/07/2025	07/10/2025
8	25/02/2025	13/05/2025	29/07/2025	14/10/2025
9	04/03/2025	20/05/2025	05/08/2025	21/10/2025
10	11/05/2025	27/05/2025	12/08/2025	28/10/2025
<b>Holiday Weeks</b>	w/c 17 <sup>th</sup> March weeks holiday no class on 18/03/2025	w/c 02/06/2025 weeks holiday no class on 03/06/2025	w/c 18/08/2025 weeks holiday no class on 19/08/2025	