



COSCA CERTIFICATE IN COUNSELLING SKILLS

28th August 2025 to 16th July 2026, inclusive

17.30 - 20.45 Thursday evenings

Tutor: Linsey Revell

Online Course – 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 – Advanced Communication Skills
- Module Two: Exploration and Expansion
- Module Three: Review and 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).



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:

| Unit | Module 1 | Module 2 | Module 3 | Module 4 |
|----------------------|----------------------------|----------------------------|--|------------|
| 1 | 28/08/2025 | 13/11/2025 | 12/02/2025 | 14/05/2026 |
| 2 | 04/09/2025 | 20/11/2025 | 19/02/2026 | 21/05/2026 |
| 3 | 11/09/2025 | 27/11/2025 | 26/02/2026 | 28/05/2026 |
| 4 | 18/09/2025 | 04/12/2025 | 05/03/2026 | 04/06/2026 |
| 5 | 25/09/2025 | 11/12/2025 | 12/03/2026 | 11/06/2026 |
| 6 | 02/10/2025 | 18/12/2025 | 19/03/2026 | 18/06/2026 |
| 7 | 09/10/2025 | 08/01/2026 | 26/03/2026 | 25/06/2026 |
| 8 | 16/10/2025 | 15/01/2026 | 16/04/2026 | 02/07/2026 |
| 9 | 23/10/2025 | 22/01/2026 | 23/04/2026 | 09/07/2026 |
| 10 | 30/10/2025 | 29/01/2026 | 30/04/2026 | 16/07/2026 |
| Holiday Weeks | 1 week break 06/11/2025 | 1 week break 05/02/2025 | 2 week break Easter 02/04/2026 and 09/04/2026 1 week break 07/05/2026 | |