



COSCA CERTIFICATE IN COUNSELLING SKILLS

6th May 2026 to 10th March 2027, inclusive

17.45 – 21.00 Wednesday evenings

Tutor:

Face to Face Course

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). A £100 non-refundable deposit is required on acceptance of your place on the COSCA Certificate in Counselling Skills course. The cost of each module is £300. Payment is required prior to the start of each module. Any participant who decides to discontinue their studies will not be entitled to a refund for any module they have commenced.

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 Face to Face at our Office in Livingston. [Please note if you are attending training at our offices in Livingston, West Lothian we would like to inform you that our training suite is located up a flight of stairs, and unfortunately, there is no lift available]

Timetable

The timetable is detailed below:

Unit	Module 1	Module 2	Module 3	Module 4
1	06/05/26	29/07/26	14/10/26	06/01/27
2	13/05/26	05/08/26	21/10/26	13/01/27
3	20/05/26	12/08/26	28/10/26	20/07/27
4	27/05/26	19/08/26	04/11/26	27/01/27
5	03/06/26	26/08/26	11/11/26	03/02/27
6	10/06/26	02/09/26	18/11/26	10/02/27
7	17/06/26	09/09/26	25/11/26	17/02/27
8	24/06/26	16/09/26	02/12/26	24/02/27
9	01/07/26	23/09/26	09/12/26	03/03/27
10	08/07/26	30/09/26	16/12/26	10/03/27
Holiday Weeks	2 weeks break with no classes on 15/07/26 and 22/07/26	1 weeks break with no class on 07/10/26	2 weeks break with no classes on 23/12/26 and 30/12/26	