



## COSCA CERTIFICATE IN COUNSELLING SKILLS FAQ'S

### Starting the course

#### **How do I apply?**

The easiest way to apply is through our website where you will find the course dates and application form.

#### **Who is this course for?**

The COSCA Certificate in Counselling is a valuable stepping stone for anyone aspiring to further study in Counselling and Psychotherapy. While it does not qualify you to practice as a counsellor, it is an essential prerequisite for our Diploma Course and comes highly recommended for anyone exploring roles in the 'helping' professions.

This course has proven beneficial to individuals from diverse backgrounds, including those in the Police, NHS, Education and various industries within the private and public sectors. It is structured around four key themes:

#### **Module One: Advanced Communication Skills**

#### **Module Two: Exploration and Expansion**

#### **Module Three: Review and Reflection**

#### **Module Four: Integration**

Participants consistently highlight the benefits of gaining practical counselling skills and approaches, as well as learning how to apply these skills effectively in professional settings or for personal development.

So, whether you're enhancing your workplace capabilities or preparing for advanced training, this course offers a solid foundation in counselling concepts and techniques.



## **Who are COSCA?**

COSCA (Counselling & Psychotherapy in Scotland) is the professional body for counselling and psychotherapy in Scotland.

## **Does this course mean I will be a qualified counsellor?**

This course does not provide a qualification for practicing counselling; however, it serves as a solid foundation toward pursuing further studies in Counselling and Psychotherapy. It is also a mandatory requirement for enrolling in our Diploma in Integrative Counselling and Psychotherapy.

The course offers 120 hours of training, contributing to a Level 8 SCQF certificate validated by COSCA, equivalent to 40 SCQF credits.

## **Is there support available?**

Each student is required to have a 30-minute one-to-one session with the tutor every module – it's an important part of the programme to ensure you receive the full support and guidance you need. We're here to support you every step of the way.

## **Is there any funding available for this course?**

SAAS funding is available if you are eligible. For this COSCA Course YOU MAY BE ENTITLED to £402 funding which is deducted from your total course cost, if you meet the following criteria:

- You are a resident in Scotland
- YOU Meet the general residence conditions and
- Earn less than £25,000 per year and can provide evidence of this to SAAS

You can apply directly to SAAS for funding via their new Online application service:

<https://www.saas.gov.uk/part-time/undergraduate-funding>



## **Invest in West Lothian Funding – Training and Upskilling (Additional funding for West Lothian residents and the parent/s of a dependent child)**

If you are a West Lothian parent in one of the eligible groups ( Lone parent, aged under 25, have a child under 1, are a parent from an ethnic minority, are a parent with a disability or have a child with a disability or have 3+ children), did you know that by engaging with Access2Employment to plan your career aspirations, you could be eligible for funding towards this course?

**For more information, please contact: [pesf@westlothian.gov.uk](mailto:pesf@westlothian.gov.uk) or complete the registration form [here](#).**

### **What does the course cost?**

The total cost of the course is £1200, which includes all materials, handbooks, and a certificate. This is divided into £300 per module across four modules.

A £100 deposit is required to secure your place upon successful application.

To help spread the cost, payment for each module is due in advance, and you will be invoiced one month before the module start date. Payments are to be made within 14 days of receiving the invoice.

This structure allows you to pay in instalments rather than the full course cost upfront.



## **What are your entry requirements?**

All applicants are considered based on suitability for the programme, irrespective of gender, ethnic origin, age, sexual orientation, religion, or disability.

Entry requirements will be that applicants will:

- Successfully complete the application form, providing accurate and relevant information that demonstrates their suitability for the course.
- Have the capacity to work independently to ensure that they can achieve the standards necessary to complete the course satisfactorily.
- Have a willingness to engage actively in all aspects of the course.
- Be able to allocate sufficient time to meet the demands of the course, including independent study.
- Be open to working collaboratively with diverse groups and contributing to a positive team environment.



## Attendance

Full attendance where at all possible is important. You will be provided with the full course schedule prior to beginning the course. COSCA requires a minimum of 85% attendance per module, meaning you need to attend at least 8.5 out of the 10 weekly sessions.

Committing to full attendance before signing up is essential for successful learning and accreditation. Here are key reasons why attendance is essential and the consequences of incomplete attendance:

- ✓ Covering the Full Syllabus:
  - Attending each session ensures that participants cover the entire syllabus as outlined in the course dates. The syllabus is carefully designed to provide a well-rounded understanding of the subject matter.
- ✓ Experiential Learning:
  - The course is highly experiential in nature. This implies that learning is not only theoretical but also involves practical and interactive elements that contribute significantly to the overall learning experience.
- ✓ Group Dynamics and Learning:
  - Absences can disrupt the group dynamics and learning process. Group discussions, collaborative projects, and shared experiences contribute to a holistic understanding of the material. Regular attendance helps maintain continuity in these group interactions.
- ✓ Impact on Accreditation:
  - Completing the full course is often a requirement for accreditation. If participants miss portions of the training, they may not acquire the necessary skills and knowledge to meet accreditation standards. This, in turn, affects the credibility and recognition of the accreditation received.
- ✓ Commitment to Professional Development:
  - Full attendance demonstrates a commitment to professional development. It shows that participants take their education seriously and are dedicated to gaining the skills and knowledge required for their chosen field.



- ✓ Informed Decision-Making:
  - Providing the course schedule beforehand allows potential participants to make informed decisions. Being aware of the time commitment helps you to assess whether you can fully commit to the course before enrolling.
- ✓ Communication with Tutors:
  - Participants are encouraged to communicate any potential scheduling conflicts with tutors in advance. This proactive approach allows for discussion and possible accommodations, emphasising the importance of clear communication in the learning process.
- ✓ Guidelines and Expectations:
  - COSCA guidance sets clear expectations for attendance, with a recommended 100% attendance and a minimum requirement of 85%. These guidelines are in place to ensure that participants get the most out of the course and that the learning environment is not negatively impacted by frequent absences.

Participants should carefully consider the commitment required before enrolling in the course and actively communicate with tutors regarding any potential challenges to attendance.

This approach ensures a positive and productive learning experience for all participants.