



COSCA CERTIFICATE IN COUNSELLING SKILLS

26th August 2026 to 14th July 2027, inclusive

17.45 – 21.00 Wednesday evenings

Tutor: Rebecca McKinney

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 total course fee is £1,200 (£300 per module), which includes all materials, handbooks and certification.



A £100 non-refundable deposit is required to secure your place on the COSCA Certificate in Counselling Skills course. **By accepting your place and paying this deposit, you are committing to the full course.**

While the course fee is structured in module payments for convenience, this does not represent a pay-as-you-go option. Participants remain liable for the full course fee regardless of whether they complete the course or withdraw at any stage.

Module fees are invoiced one month in advance, with payment due two weeks prior to the start of each module.

No refunds will be issued for any payments made.

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	26/08/26	11/11/26	10/02/27	12/05/27
2	02/09/26	18/11/26	17/02/27	19/05/27
3	09/09/26	25/11/26	24/02/27	26/05/27
4	16/09/26	02/12/26	03/03/27	02/06/27
5	23/09/26	09/12/26	10/03/27	09/06/27
6	30/09/26	16/12/26	17/03/27	16/06/27
7	07/10/26	06/01/27	24/03/27	23/06/27
8	14/10/26	13/01/27	31/03/27	30/06/27
9	21/10/26	20/07/27	21/04/27	07/07/27
10	28/10/26	27/01/27	28/04/27	14/07/27
Holiday Weeks	1 week break 04/11/26	Xmas break no classes on 23/12/26 and 30/12/26 1 week break 03/02/27	2 week Easter break no classes on 07/04/27 and 14/04/27 1 week break 05/05/27	