

Applying To apply for a place, please submit a booking form together with details of when you did your COSCA Certificate or equivalent. Booking forms can be downloaded from the training page of our website.

Rowan Rowan is involved in the support, training and development of people and organisations. We are a team of professional counsellors, trainers, and facilitators with experience in a variety of fields including education, management and caring professions.

As well as workshops, Rowan provides:

- Individual and couples counselling and psychotherapy
- Employee counselling schemes
- Coaching
- Supervision
- Workplace mediation
- Facilitation for team days

Rowan is on the COSCA register of recognised counselling organisations. COSCA is the professional body for counselling and psychotherapy in Scotland. Rowan also abides by the ethical framework of the British Association for Counselling and Psychotherapy.

ROWAN
49 Scott Street,
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www.rowan-consultancy.co.uk



Recognised
COSCA
Counselling
Organisation

ROWAN

Continuing Professional Development Programme

ROWAN

Counselling and Training

49 Scott Street, Perth, PH2 8JN

admin@rowan-consultancy.co.uk
www.rowan-consultancy.co.uk
Tel: 01738 562005

Continuing Professional Development

Who is the course for?

These workshops are designed for people who wish to further develop their counselling skills and self awareness for use at work and for their own personal growth. Attendees are required to have already completed the COSCA Certificate in Counselling Skills, or an equivalent.

All our workshops aim to underpin theory with experiential exercises and offer an open and relaxed forum for learning. You will receive a certificate of attendance for each workshop attended.

Trainers

All Rowan trainers are practising counsellors and experienced trainers. The direct counselling practice of the tutors helps to inform and enhance the training offered by Rowan. Each group will consist of up to 20 trainees with one trainer for every 12 participants.

Details

The cost of each workshop is £95 for the commercial and statutory sectors, and £70 for the voluntary sector and individuals.

Workshops will be held at The Crypt in Perth. They will start at 10am and finish at 4pm. Please bring a packed lunch.

COSCA

COSCA is the national body for counselling and psychotherapy in Scotland. For further details on COSCA see www.cosca.org.uk.

Rowan is a Recognised COSCA Counselling Organisation, and is a validated provider of the COSCA Certificate in Counselling Skills.

Cognitive Behavioural Therapy (CBT) and Counselling Skills 15 September 2008

A workshop introducing CBT and focussing on:

- Enhancing positive qualities
- Developing clients' resilience
- Six areas of competence for clients and therapists

Working Creatively with Clients 31st October 2008

A workshop exploring the therapeutic use of the arts.

The day will include:

- Using imagery as metaphor
- Expressing yourself through art materials
- Sand-tray work

Gestalt and Counselling Skills 24th November

A workshop using Gestalt theories in counselling practice including:

- Figure and ground
- Cycle of awareness
- Contact styles
- Introjects

Transactional Analysis and Counselling Skills TBC

A workshop using TA theories in counselling practice including:

- Ego states and Transactions
- Scripts we live
- Games people play

The facilitators are:

Julia Berry, Integrative Arts Psychotherapist and Trainer UKCP
Rachel Weiss, Integrative Counsellor and Trainer MBACP (Accred)
Sarah Jauncey, Integrative Counsellor and Trainer
Sheila Beare, Transactional Analysis Psychotherapist and Trainer