

**Applying** To apply for a place, please submit a booking form together with a letter to Rowan including:

- Your reasons for applying to the course
- What you will bring to the course
- Any special learning needs you may have

**Rowan** ROWAN is one of Scotland's most successful personal and organisational development specialists. 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 and has been validated by COSCA to run this certificate. 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,  
Perth, PH2 8JN**

**admin@rowan-consultancy.co.uk  
www.rowan-consultancy.co.uk**



Recognised  
COSCA  
Counselling  
Organisation

**ROWAN**

# COSCA Counselling Skills Certificate

# ROWAN

## Counselling and Training

**49 Scott Street, Perth, PH2 8JN**

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

---

## Modular Certificate in Counselling Skills

### Who is the course for?

The certificate is designed for people who wish to develop their counselling skills and self awareness for use at work and for their own personal growth. It is particularly appropriate for anyone who works with people in a professional or voluntary capacity. The course is a training in using a counselling approach, and can be used as a first step towards qualification as a counsellor.

The course is experiential. Trainees need to be willing to participate in their own learning process and in the learning of their peers.

### Trainers

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

### Assessment

Each 30-hour module includes written and practical assessment. Trainees need to demonstrate competence in the learning outcomes of each module, before proceeding to the next module. You will need a self-directed study day to complete the written assignment, this should be taken between the fourth and fifth day of each module. 85% attendance is required.

### Fees

The cost of each module is £360 + VAT for organisations, and £330 for self-funded individuals. Subsidised places may be available. For cancellations up to 4 weeks before the event a refund of 50% will be made. No refund thereafter.

### COSCA

COSCA is the national body for counselling and psychotherapy in Scotland. For further details on COSCA and this certificate see [www.cosca.org.uk](http://www.cosca.org.uk).

### Module 1 : November or February

- Concepts of counselling and counselling skills
- Attending and responding skills
- The importance of self awareness and personal growth
- The ethical framework of a counselling approach

### Module 2 : April

- Beginnings, middles and endings
- Theories of loss and change
- Self awareness of personal motives and values
- Ethical boundaries
- Sexuality

### Module 3 : September

- Counselling theories of person-centred, psychodynamic and cognitive behavioural approaches
- The ethos of power and care
- The significance of past experiences and relationships
- Spirituality

### Module 4 : January

- Responsibilities to self, client, agency and community
- The effects of stress`
- Social inclusion
- Knowledge of Gestalt and Transactional Analysis

Module 1 usually runs twice each year in November and February. The February module is run in Bridge of Earn, near Perth. The November module is held in Dundee.

Module 2 runs every April, Module 3 every September and Module 4 every January. These modules are run in Bridge of Earn.