



# Welcome

COSCA Certificate in  
Counselling Skills

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COSCA Counselling Certificate  
Module One

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COSCA Accredited Trainer

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Pluralistic Counsellor  
BACP Registered



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Unit 1

Introductions, Expectations  
and  
Working Agreement



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### The Course Has 4 Modules

- Each Module has 12 units
- Learning is experiential, linking theory to practice
- This is an assessed course
  - Skills practice
  - Written assignment
  - Presentation



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### Module 1 - Unit 1

- Welcome and Introductions
- Expectations and Working Agreement
- Listening practice



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### Your Learning Experience

- Think about your learning experiences, e.g. in a group, on a course or at school.
- Identify one good experience and one unhelpful experience.
- Write each experience on a separate Post-it.



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