

About 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 training, 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.

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Recognised
COSCA
Counselling
Organisation



Rowan Certificate in Counselling Skills

Validated by COSCA

rowan
live better

Rowan 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.

The 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.

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. 85% attendance is required.

You will need a self-directed study day to complete the written assignment.

Fees

The cost of each module is £440.
If you pay for the whole Certificate in advance the fee is £1620.

Module 1

- 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

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

Module 3

- 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

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

We currently only offer the Certificate online. It runs on Zoom, with 3-hour weekly sessions.

See our website for current dates.

Applying

The application form is on our website www.rowan-consultancy.co.uk