

## COSCA Certificate in Counselling Skills Course

### Q&A

**Q - What is the COSCA Counselling Skills Certificate?**

A - This course will provide you with a professionally recognised qualification in counselling skills. It is not only a course that will provide you with the teaching of counselling skills but also the key to self-awareness.

**Q - What are Counselling Skills?**

A - Counselling skills are essentially good interpersonal or communication skills

They are based on active listening.

It involves the use of verbal and non – verbal skills

Counselling Skills insert the qualities of acceptance, genuineness and empathy in to a helping relationship

An understanding of counselling theory

**Q - What is the purpose of the Counselling Skills Course?**

A - Counselling skills can enhance your performance in various inter-personal contexts. These skills can be used in a professional settings such as teaching, nursing, welfare services, volunteering, HR & management, care working, mentoring and in personal settings– the list is endless!

**Q - What level is the COSCA Counselling Skills Certificate?**

A - The CCS course is an accredited SCQF Level 8 Course

**Q - How long does it take to complete the Counselling Skills Course?**

A - The course is a certified 120 hour training programme split over 4 modules.

Each module comprises 30 hours of formal instruction and a further 12 hours of private study

The course is delivered in the evenings over an academic year (August – June) or can be delivered in a condensed manner (usually weekday or weekend)

**Q - Do I need any qualifications to apply for the course?**

A - No, you do not need any formal qualifications. Your application will be based on the information provided on your application form and from a verbal informal interview with our course tutors. Anyone who has an interest in counselling skills can apply for this course.

**Q - How much is the course?**

A - Our COSCA Course is £1275 per application. A deposit amount of £337.50 is required to secure your place on the course (once your application has been successful). The remainder balance is due to be paid 4 weeks prior to the course start date unless otherwise agreed.

**Q - Can I get help towards the cost of the course?**

A - At the moment, we cannot provide any funding towards the course, however, we do offer a payment plan that can be selected at the time of submitting your application. Please note: There will be a 5 % Surcharge for anyone selecting this option.

**Q - I have a holiday booked during the delivery of the course and will miss some sessions – can I still apply?**

A - Yes, and no. This will depend on whether you apply for the academic year course or a condensed course. COSCA requirements state that you are required to attend a minimum of 85% of the training sessions. While it may be possible to miss a session or two, any unexpected absence may take you under that 85% and therefore we would be unable to pass you on the course. You can check with our COSCA administrator if you have any queries regarding attendance.

**Q - How do I apply?**

A - Contact us at [admin@fdamh.org.uk](mailto:admin@fdamh.org.uk) and request your application form now!