

Applying

To apply for a place, please submit a booking form and a cheque for the whole amount or a purchase order number together with a covering 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

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
people potential growth

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 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 £425 + VAT for organisations, and £375 for self-funded individuals. 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.

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

Module 1 usually runs each year in Perth during **August** or **September**, and in Dunblane and Dundee during **October**. Check our website for further details.

Module 2 starts every **January**, **Module 3** every **March** and **Module 4** every **May**. These modules are run in Perth. When there is sufficient demand, we run Module 2 in other locations.