

# THE GARNETHILL CENTRE



## COSCA CERTIFICATE IN COUNSELLING SKILLS

**A one year part-time course in central Glasgow**

(easy access to rail, subway and bus links)

**August 2024 to June 2025**

**Validated and Certified by COSCA**

*A scheme for Accreditation of Prior Learning is in operation.*

**Tel: 0141 333 0730**

**Email: [admin@garnethillcentre.org.uk](mailto:admin@garnethillcentre.org.uk)**

**Website: [www.garnethillcentre.org.uk](http://www.garnethillcentre.org.uk)**





## ABOUT THE COSCA CERTIFICATE PROGRAMME



Based in Glasgow City Centre, the Garnethill Centre has been delivering training and workshops, which impart counselling skills or provide a full professional training in psychodynamic counselling for more than 20 years. Our COSCA-accredited certificate course offers a substantial opportunity for personal and professional development in addition to providing a foundational training from which individuals can proceed to under-



## NATURE OF THE COURSE

The Garnethill Centre has delivered training in counselling skills annually, with COSCA validation, since 1995. It is of value to people in a wide variety of caring and helping roles and professions (e.g. medical, nursing, social services, pastoral and voluntary) who may benefit from developing counselling skills, whether as an occasional or principal part of their work. The course provides a 120-hour training programme in counselling skills which focuses on four key areas: skills, knowledge, self awareness and ethics. It introduces participants to the learning and use of counselling skills while also exploring different approaches to counselling, including psychodynamic therapy, person-centred therapy and cognitive behavioural therapy (CBT). In addition to this:

- The course is provided on a non-profit basis and has competitive fees
- The course's staff to student ratio ensures a high and continuous level of support is maintained.

Having obtained the certificate, it is possible to proceed directly to the diploma course, which provides a full professional training enabling graduates to qualify as Counsellors.



## COURSE DATES

**2024** Module One      Thursdays from 15th August until 17th October

**2025** Module Two      Thursdays from 24th October until 12th December  
and 9th January until 16th January

Module Three      Thursdays from 23rd January until 27th March

Module Four      Thursday 17th April until 20th June

**Timings:**              **Thursday: 6.00pm to 9.00 pm**

**COURSE FEE:** £375 including a non-refundable deposit of £75 per module  
*(Fees can be paid throughout the year – further information is available)*





## ACCREDITATION AND COURSE ARRANGEMENTS

This four module course, validated by COSCA (the professional body for counselling and psychotherapy in Scotland), has been found to be invaluable for people in caring and professional settings. It is a prerequisite for those who wish to train to be a counsellor, and it is possible to proceed from this course directly to the diploma course which provides a full professional training for those wishing to become counsellors.



## ENTRY REQUIREMENTS AND SELECTION PROCEDURE

While there is no specific minimum academic entry requirement, a good general level of education, sufficient to enable course members to deal with theoretical learning and to write required assignments is necessary. .



## APPLICATIONS

Applications are now invited for the programme. Due to increased demand the centre is running this additional course. Therefore, it is advisable to apply as soon as possible. Interviews will be arranged following the receipt of applications. Applications and enquiries to:

Course Administrator

**The Garnethill Centre**

**28 Rose Street**

**Glasgow**

**G3 6RE**

Tel: 0141 333 0730

Email: [admin@garnethillcentre.org.uk](mailto:admin@garnethillcentre.org.uk)

Website: [www.garnethillcentre.org.uk](http://www.garnethillcentre.org.uk)



*The Garnethill Centre Ltd is a recognised Charity: Reference No. SC002096*