

THE GARNETHILL CENTRE



COSCA CERTIFICATE IN COUNSELLING SKILLS

A PSYCHODYNAMIC APPROACH

A one year part-time course in central Glasgow

(easy access to rail, subway and bus links)

October 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

Website: 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 undertake a full professional training to



THE PSYCHODYNAMIC APPROACH

The psychodynamic approach focuses on and explores links between individuals' current experiences and significant events in early life. It is also central to the Psychodynamic approach to explore those aspects of the self that are not fully known and that we may not be conscious of particularly as they emerge and are potentially influenced in the here and now of the therapeutic relationship.

While all successful therapies seek to relieve symptoms like depression and anxiety,

the aims of psychodynamic counselling extend beyond this. By providing a safe and deeply authentic relationship between counsellor and client, the counsellor seeks to foster and develop psychological capacities and resources in the client that enable them to live and relate to others in a more meaningful and fulfilling way.





NATURE OF THE COURSE

The Garnethill Centre has delivered the course 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 psychodynamic approach to the learning and use of counselling skills while also exploring other approaches to counselling, including 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	<u>Module One</u>	Wednesdays from 30th October until 11th December Saturday 26th October
2025	<u>Module Two</u>	Wednesdays from 8th January until 19th February Saturday 25th January
	<u>Module Three</u>	Wednesdays from 5th March until 26th March and 16th April until 30th April Saturday 22nd March
	<u>Module Four</u>	Wednesdays from 14th May until 25th June Saturday 24th May
Timings:		Wednesdays: 5.00pm to 8.45pm

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.

Open events will be held on Saturday 18th March and Thursday 20th April. These afford an opportunity to visit the centre and discuss with training staff any questions that you may have re the course.



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. Early application is advisable with a limited number of places available. Interviews will be scheduled following the receipt of applications. Applications and enquiries to:

Course Administrator

The Garnethill Centre

28 Rose Street

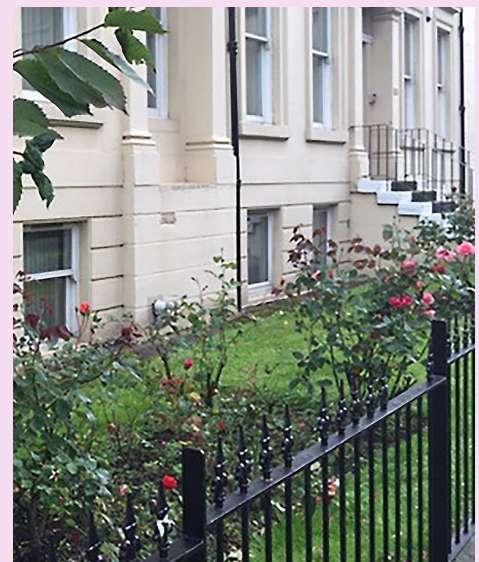
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The Garnethill Centre Ltd is a recognised Charity: Reference No. SC002096