Person-Centred Counselling
Cosca Validated PG Diploma/MSc
Award Bearing Programme

The counselling programme has been designed and developed to take account of the increasing demand for nationally recognised and validated courses in counselling at Postgraduate level. The Postgraduate Diploma in Person-Centred Counselling is professionally validated by COSCA and is designed to run over two years. At the completion of the Postgraduate Diploma, programme members will then be eligible to progress for the Masters programme. The theoretical model and philosophical ethos of the programme are based on the person-centred approach developed by Carl Rogers (1902-1987).

Programme Aims

The overall aim of the programme is to offer a sufficiently safe, supportive and challenging learning environment that will enable students to develop and demonstrate those personal qualities and professional skills deemed necessary for competent and reflective practitioners within a person centred framework. Self-awareness, counselling theory, practice and research are integrated to a level that enables course members to engage with therapeutic processes in a range of counselling relationships.

Programme Structure

The Postgraduate Diploma is a part-time programme, meeting one day per week, and running over two academic years. It provides 400 student/tutor contact hours covering theory, observed practice, personal development, and group supervision as required by COSCA.

Programme members are required to complete at least 180 hours of supervised counselling practice within a suitable practice setting prior to graduation.
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Programme Structure (cont)

The programme is comprised of four courses:

- Foundations of Person-Centred Counselling
- Therapeutic Process in Person-Centred Counselling
- Development of Professional Counselling Practice
- Reflexivity and Professional Enquiry.

The Master’s stage of the programme consists of the participation on the ‘Work Based Project and Dissertation Course’.

Methods and Approaches to Learning

A wide variety of methods and approaches to learning will be used, these include Experiential workshops, Seminars and lectures, Community Meetings. Personal Development Groups, Individual and group supervision, Observed practice, Study groups’, Audio-recordings of counselling sessions, Private study with substantial reading and Personal journaling. These training methods will run through each module to provide different opportunities for enhancing personal awareness and counselling practice.

Course Fees

Fees are reviewed annually. Up-to-date fee information can be found at: http://www.abdn.ac.uk/infohub/finance/fee-rates.php

For further details about this programme please contact:
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