Counselling Skills

Entry Requirements:
There are no formal entry requirements for this programme. All students entering the University must provide evidence that they can use English well enough to study effectively at the University of Aberdeen. For more information please visit: abdn.ac.uk/study/international/english-requirements

Programme Overview
The Counselling Skills Programme is suitable for anyone who wants to improve their interpersonal skills for personal development or to use in a helping or caring work role. This is also an excellent starting point to train as a counsellor or psychotherapist.

On successful completion of this two year part-time course, students can go on to study our advanced courses including:

- Person Centred Counselling
- The Psychodynamic Approach
- Transactional Analysis
- Mindfulness
- Cognitive Behavioural Counselling
- Person Centred Counselling Supervision
- Counselling Skills Dissertation with Group Instruction

Study Mode:
Part-time – 24 months

Courses/Models:
- Counselling Skills 1
- Counselling Skills 2
- Counselling Skills 3
- Counselling Skills 4
- Further Steps in Counselling 1
- Further Steps in Counselling 2
- An Introduction to Transactional Analysis
- Transactional Analysis Skills Development
- An Introduction to Cognitive Behavioural Therapy
- Person Centred Counselling Supervision
- Counselling Skills Dissertation with Group Instruction
What our students say
“This course is superb. Over the past two years I have learned more and benefited more from this course than all others put together. Teaching is incredibly effective; well balanced, interactive, well considered and well delivered. The content is fascinating. The skills which are gained are priceless, and have greatly enhanced my employability - the COSCA certified qualification is an excellent demonstration of my skills, and one which employers have been impressed with at recent interviews. I would greatly encourage further advertisement of this course, because it could make the world of difference to many students.”

How much does it cost?
For programme fees and funding please visit: abdn.ac.uk/study/undergraduate/counselling-skills

COSCA
COSCA is Scotland’s professional body for counselling and psychotherapy. “COSCA seeks to advance and support all forms of counselling, psychotherapy, and the use of counselling skills to promote high quality counselling supervision and continuing professional development for all individuals and agencies delivering counselling services and education in Scotland.” This programme is validated by COSCA upon full and satisfactory completion of Counselling Skills 1-4.