

Getting There

Newbattle Abbey College is easily accessible by car and free car parking is available.

If travelling by bus, take the First Bus 95/x95/95A, sign posted Carlisle or Hawick.

You should ask the driver to drop you off at the Newbattle Abbey College stop.

How to Apply

Further information and application forms can be obtained from the Centre for Lifelong Learning at the address below.

Telephone the Programme Co-ordinator on 01224 272445

Or go to our website at www.abdn.ac.uk/lifelonglearning where you can view our prospectuses and download an application form.

Centre for Lifelong Learning

University of Aberdeen
King's College
Aberdeen AB24 3FX

Tel: 01224 273528 (24 hour contact)
Fax: 01224 272478
Email: counsellingskills@abdn.ac.uk

OR FROM;

Newbattle Abbey College

Newbattle Road
Dalkeith
Midlothian
EH22 3LL

Tel: 0131 663 1921
Fax: 0131 654 0598
Email: office@newbattleabbeycollege.ac.uk



Counselling Skills (COSCA Certificate)

University of Aberdeen
at Newbattle Abbey College

Centre for Lifelong Learning
www.abdn.ac.uk/lifelonglearning/courses

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These courses are open to anyone with an interest in improving their communication skills or furthering their own personal development and would be particularly relevant to those already involved in working with people in a caring or helping relationship. This may also be an opportunity to return to study or think about studying for a degree part time or by distance learning.

Counselling Skills:

- Are essentially good interpersonal or communication skills
- Are based on active listening
- Involve using verbal and non-verbal skills e.g. paraphrasing, asking questions in a helpful way, summarising, attending and responding to the speaker
- Insert the qualities of acceptance, genuineness and empathy into a helping relationship
- Are underpinned and informed by an understanding of counselling theory

Counselling Skills 1 to 4 (COSCA validated)

- Provides a COSCA (Counselling and Psychotherapy in Scotland) certificated 120 hour training programme in counselling skills. Is delivered by the University of Aberdeen, Centre for Lifelong Learning over 4 courses, each of 30 hours duration, at Newbattle Abbey College. Subject to demand, daytime and evening classes are available.
- Contains four strands: skills, knowledge, self awareness and ethics
- Each course gives you 15 credits at degree level 1
- Uses experiential learning e.g. students practice skills in groups of three
- Is mainly designed for people in helping or caring professions
- Helps the individuals who complete it to develop and apply counselling skills to non-counselling settings
- Provides an excellent start point for those who wish to train as a counsellor or psychotherapist
- Can count towards CPD

Counselling skills can enhance performance in various interpersonal contexts which require people's voices to be heard, including;

- Nursing, teaching and social work contexts
- Personnel work
- Welfare services
- Staff development and appraisal
- Management relations
- Residential and non-residential care



Newbattle Abbey

Class Times

Classes are held in the evenings starting in mid-September.

Fees

Fees for session 2010-11 are £160.50 per course.

Assistance with fees may be available through:

- Fee waiver: Scottish domiciled, part-time students in receipt of benefits may be eligible for a full waiver of fees. Please contact the Centre for more information and an application form.
- Individual Learning Accounts (ILAs): All the courses offered by the Centre for Lifelong Learning are approved for ILA fee assistance. If you are eligible, you can apply for either £200 or £500 towards your fees. Please contact ILA Scotland for information: www.ilascotland.org.uk 0808 100 1090
- Other support: Additional financial support may be available through the Centre. Please contact us for details.