

CrossReach Counselling Scotland

COSCA Counselling Skills Course 2025

The Course

Designed and written by COSCA, this professionally recognised, experiential course is perfect for you if you are looking to develop your self-awareness and adopt a counselling skills approach in your work or voluntary activities. There is an interactive mix of skills training and practice, small group work, tutor input and large group discussion. Our skilled Tom Allan training team will help you to focus on developing your skills, as well as increase your personal growth and self-awareness.

CrossReach Tom Allan Service, based in Glasgow city centre, is a well-respected counselling and training organisation, with more than 50 years' experience. Whether you are working in the private, public or charitable sector, wanting to enhance your skills or looking to start a counselling career, joining the COSCA Counselling Skills course, at the COSCA approved Tom Allan Training Centre, is the perfect opportunity to enrich and develop your communication skills for your professional and personal life. It is also the perfect starter course for you if you want to pursue a career in counselling. The benefits of attending this course are far reaching.

The Course

We have various course options:

Online

Thursday evenings 6-9pm across 10 months.

In Person

At the Tom Allan Centre in Glasgow on Tuesday between 9:30am and 4:30pm across 6 months.



✓ There are 4 x 30 hour modules (a total of 120 hours)

✓ 40 SCQF (Scottish Credit and Qualifications Framework) credits at Level 8

Why choose this course?

- Gain a professionally recognised qualification in counselling skills
- Priority placement opportunities with The Tom Allan Counselling Service for students progressing with counselling careers
- Develop your listening and attending skills, essential for all relationships
- Grow your self-awareness, helping you to look at yourself, your teams and your family more positively
- Develop and apply counselling skills in non-counselling settings, learning the benefits of good counselling skills from your peers, trainers and yourself

Feedback from course participants:

'I found all of it extremely relevant to my work setting and I have used some of the resources to help my staff team. I have also gained a lot of insight into myself as a person and would thoroughly recommend the course.'

QUIET PLEASE
COUNSELLING
IN
PROGRESS

'It has really helped me to consider myself and where I am at in my career, as well as in my personal life.... I recognise the need for change in my thinking and attitude, particularly towards myself.'

'I was very good at giving other people advice and support, less so to myself which left me feeling drained and frustrated at times. I really appreciate your encouragement and your support.'

In Person Course

Dates: 21st October 2025 – 14th April 2026

Times: 9.30am – 4.30pm

Days: Tuesdays

Total Cost: £1,400

Online Course

Dates: 16th October 2025 – 20th August 2026

Times: 6pm – 9pm

Days: Thursdays

Total Cost: £1,400

The Trainers



Linda Evans

This program will be delivered by Linda Evans COSCA accredited trainer of 10 years and qualified Cognitive Behavioural Therapist.

The Cost

To secure your place we would require the £350 upfront fee to cover Module 1.

- £1400 total course paid in full or
- £350 prior to each module.

Participants may be eligible for SAAS funding through the SAAS part-time fee grant if you complete all 4 modules consecutively. Please visit www.saas.gov.uk/part-time for more information.

Our address

Tom Allan Centre
23 Elmbank Street
Glasgow
G2 4PB

For more information please scan the QR code or visit our website at:

www.crossreach.org.uk/training



The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

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