

**From:** [redacted] <[redacted]@cosca.org.uk>

**Sent:** 16 January 2019 11:57

**To:** [redacted] <[redacted]@gov.scot>; [redacted] <[redacted]@gov.scot>

**Subject:** Counsellors in Schools

Dear [redacted] and [redacted]

Thanks for the meeting yesterday.

You asked me to send you a list of the third sector organisations that I have who have been or are involved in delivering counselling in schools. Please see the attached list, which is indicative rather than comprehensive. Some of these organisation could be well placed to deliver counselling to pupils during the school holiday periods. However, I do repeat here my concerns that any organisations doing so should be members of a relevant professional body such as COSCA. All of our member organisations are required to meet our standards and are accountable to us under the COSCA Statement of Ethics and Code of Practice. In addition, we have the COSCA Recognition Scheme for Organisations which is a quality assurance system that provides additional safety to the public that these member organisations have met additional standards regarding training, practice, ethics, confidentiality etc. You can see the membership application for organisations on our website under 'join us' and the Recognition Scheme system under its own heading.

Please also see attached the following documents that you also showed interest in:

1. COSCA's Guidance on Training for Counselling Children and Young People
2. COSCA's competencies for children and young people
3. COSCA's guidance on the use of technologies
4. COSCA's Outcome measurement tools for children and young people counselling.

The contact details of the 2 COSCA validated training providers of the post qualifying course are on our website under 'find a training course' – children.

COSCA's specialist course validation system used by training providers applying to deliver the above post qualifying courses may be used by other training providers who are members of COSCA to ensure that any training/courses delivered to up-skill the existing workforce of counsellors meet COSCA's professional training standards. This system is designed to allow the content and format of delivery of courses to be their own, provided the course meets the validation standards and delivers the competencies for counselling children and young people – see our website under validation/specialist courses. [www.cosca.org.uk](http://www.cosca.org.uk)

I look forward to seeing you both again at the next meeting in March '19.

Best wishes

[redacted]

[redacted]

[redacted]

COSCA (Counselling & Psychotherapy in Scotland)

16 Melville Terrace | Stirling | FK8 2NE

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[www.cosca.org.uk](http://www.cosca.org.uk)

t: [redacted]

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Charitable Company Limited by Guarantee Registered in Scotland 142360

**From:** [redacted] <[redacted]@gov.scot>  
**Sent:** 13 December 2018 12:10  
**To:** [redacted] <[redacted]@cosca.org.uk>  
**Cc:** [redacted] <[redacted]@gov.scot>  
**Subject:** RE: COSCA (Counselling & Psychotherapy in Scotland)

Hi [redacted]

Many thanks for your email and for the offer to meet in the new year. COSCA are a crucial partner in our work as we develop the model for delivery for counsellors in schools so your offer to meet and assist is greatly welcomed.

I'll email separately to you and [redacted] to try and find a convenient date and time in January.

Best wishes

[redacted]

[redacted]

[redacted] – Health & Wellbeing in Schools  
Learning Directorate  
Area 2C-South, Victoria Quay  
[redacted]

**From:** [redacted] <[redacted]@cosca.org.uk>  
**Sent:** 13 December 2018 12:02  
**To:** [redacted] <[redacted]@gov.scot>  
**Subject:** COSCA (Counselling & Psychotherapy in Scotland)

Hi [redacted]

Thanks for your workshop yesterday on counselling in schools. I learned much about SG's aims and principles for the introduction of the 350 new counsellors under the Programme for Government announcement. I was the attendee who made the point which you fully accepted of proofing this announcement against the new mental wellbeing public health priorities.

COSCA has a long involvement with the counselling for children and young people, and the standards and competencies required to carry out this very very important role. [redacted] recently invited me to meet with her and I raised a number of points with her about what COSCA can offer here.

I know that [redacted] spoke with you yesterday about setting up a meeting in the New Year. I look forward to hearing more about this.

Best wishes

[redacted]  
[redacted]

COSCA (Counselling & Psychotherapy in Scotland)

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year of young people  
bliadhna na h-òigridh  
2018

**From:** [redacted] <[redacted]@gov.scot>  
**Sent:** 30 August 2019 15:49  
**To:** [redacted] <[redacted]@bacp.co.uk>; [redacted]@cosca.org.uk  
**Cc:** [redacted] <[redacted]@gov.scot>; [redacted] <[redacted]@gov.scot>  
**Subject:** BACP/COSCA/SG/SQA Catch up - 29 August 2019

Hi [redacted], [redacted]

Many thanks for coming through to Edinburgh yesterday and for the catch up – yours and colleagues advice and comments on the work we've undertaken so far and are planning to put in place was invaluable.

I thought it would be helpful to set out some of the key points we said we would follow up.

- SG will include reference to a complaints procedure into the framework guidance for local authorities and schools
- SG will include reference to the requirement for supervision of counsellors to be considered by local authorities in designing and developing an authority wide counselling in schools service in the Framework guidance
- BACP / COSCA will pass on the numbers of their members who are currently operating as supervisors, as well as their locations.
- SG will consider the involvement of young people in developing communications material to help raise awareness of what the counselling service is and isn't – [redacted] (BACP) offered to help facilitate a session with young people
- SG confirmed that the funding provided to local authorities could be utilised to support training for people interested in becoming children and young people counsellors if the local authority felt this would benefit them and help to deliver access to counsellors in their schools.
- COSCA noted that existing demand on counselling services in schools is high
- BACP noted that their members are reporting some anxiety of current roles within schools and what will happen in light of this programme. In this regard we agreed that it would be helpful to produce a Communications piece that provides some key messaging on what the service could look like – this would need to be developed with COSLA and BACP/COSCA offered to assist.

Thanks again and best wishes – please let me know if there's anything I've missed.

[redacted]

[redacted]

[redacted] – Health & Wellbeing in Schools; Learning Directorate; Area 2C-South, Victoria Quay;

Tel: [redacted]