

Centre for Relational Couples Therapy

Modular Training in Couples Therapy
Certificate and Diploma level

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Certificate and Diploma Courses in Couples Therapy (2012-2013)

Depending on your experience you can join the training at Stages 1, 2 or 3.

Stage 1: For those who have little or no experience of working as a couples therapist.

Stage 2: For those who have had some training and/or some experience of working with couples.

Stages 1 and 2 are usually done in the same year (you will need to be seeing a couple to do Stage 2); however it will obviously take some time before you have accrued enough hours to do Stage 3.

Stage 3: For those who have considerable training and/or experience (over 250 hrs practice).

Completion of St2 leads to an award of a Certificate in Relational Couples Therapy.

Completion of St3 leads to an award of a Diploma in Relational Couples Therapy.

Stage 1: Learning to Practice

A seven day course (3 x Fri/Sat blocks and 1 x Fri) learning the basics of couples therapy: including 'initial meetings'; 'conscious and unconscious shapes couples make'; 'why do people couple?'; 'ways of *holding* a couple'; 'practice sessions'; 'exploring your own coupling experience'.

Dates: 28th/29th September; 12th/13th October; 23rd/24th November and 7th December 2012

Venue: West Wing, Stroud

Cost: £630

Stage 2: Working with Couples

This seven day course (1 x Fri and 3 Fri/Sat blocks) is for those who have begun working with couples who want some further practical and theoretical support with their practice. We will revisit some of the themes from Stage 1 now in the context of actually working with couples and there will be sessions on: 'working with couples over time' and 'identifying and working with *relational trauma states*'.

Dates: 26th/27th April; 10th May; 7th/8th June; 5th/6th July 2013

Venue: West Wing, Stroud

Cost: £630

Successful completion of Stages 1 (or equivalent) and 2 leads to an award of a CRCT Certificate.

Stage 3: Advanced Practice

This 5 day course (monthly Fridays) is for those who have completed at least 250 couples sessions (see application form for details) and want some further input into their practice in a group of experienced therapists.

Dates: 25th January; 8th and 22nd February; 8th and 22nd March 2013

Venue: West Wing, Stroud

Cost: £450

Successful completion of Stages 1 and 2 (or equivalent) and Stage 3 leads to an award of a CRCT Diploma.

Course Times: Fridays: 11am to 5pm and Saturdays: 10am to 4pm

Curriculum

Introduction

The following areas will be covered in the course. The depth to which this happens will depend on the particular need of each group. As the main aim of the curriculum is to encourage a context-specific way of working I make no specific mention of working with gay or lesbian couples below. There are of course particular societal pressures that the therapist needs to be sensitive to when working with a same sex couple (e.g. experience of external and internal oppression and prejudice) however a contextual method that seeks to find out rather than assume is likely to be more accurate and responsive than any pre-taught notions. In short as this curriculum is rooted in an appreciation, and apprehension, of difference it can apply to everyone.

Subjects covered in Stages 1 and 2

In the beginning:

Setting up practice (similarities/differences with individual work).
Is couples therapy the right option?
Contracts/boundaries/fees.
Initial meeting.
Short term/ongoing?

The therapy:

Theories that help with contact: ('I-thou' relating/inclusion and presence from Dialogical Gestalt and Impasse theory from Intersubjective-Systems Theory).
Working with impasse in the couple relationship and in therapy.
'Relational Trauma States' and unconscious wisdom.
Developing good satisfying contact in the consulting room, and outside.
Honouring of difference in a 'macro' (gender, ethnicity, sexuality, class etc.) and 'micro' (individual subjectivity) way.
Sex. What is it and how to work with it/talk about it.
Working with realistic needs and disappointment.
Affairs and avoidance of intimacy.
Using co-transference in dialogue with the couple.
Working with violence and destructive behaviour.

The end:

How and when to end.
Ending process.
Disappointment revisited!

Stage 3

This stage is for experienced couples therapists and as such will be tailor made for each individual group. We will start with a review of your practice and then design a series of day workshops to address the needs of practitioners in a particular group.

Training Intention

Wholehearted commitment and full attendance are hoped for on the courses, however of course 'life happens' and things sometimes get in the way. If for any reason you are unable to attend any part of the course it would be good to let the group know, with as much notice as possible, so that your absence can be processed within the group.

Course Books (especially Stages 1 and 2)

I would recommend you purchase the books on the 'Core Reading' list as I will be asking you to read from these texts in preparation for some of our training days. I will provide hand-outs of any reading off the core list.

Core Reading

Hycner R and Jacobs L (1995)

'The Healing Relationship in Gestalt Therapy: a Dialogical/Self Psychology approach.' New York/the Gestalt Journal Press.

Shaddock D (1998)

'From Impasse to Intimacy: how understanding unconscious needs can transform relationships.' New Jersey/Aronson.

And for Stage 2:

Shaddock D (2000)

'Contexts and Connections: an intersubjective systems approach to couples therapy.' New York/Basic Books.

Further Reading

Bly R (1985)

'Loving a Woman in Two Worlds.' New York/Doubleday and Co.

Johnson R (1983)

'We: understanding the psychology of romantic love.' New York/Harper Collins.

Mitchell S (2002)

'Can Love Last? the fate of romance over time.' New York/Norton.

Moore T (1998)

'The Soul of Sex: cultivating life as an act of love.' New York/Harper Collins.

Orange D (1995)

'Emotional Understanding: studies in psychoanalytic epistemology.' New York/The Guildford Press

Slattery D (2006)

'Turning Relationship Ghosts into Ancestors: the use of Intersubjective Systems Theory in Navigating Relational Trauma States in Couples Therapy. Unpublished 'post-qualifying' MA in Humanistic and Integrative Psychotherapy awarded by Bath Centre for Psychotherapy and Middlesex University. Available to download at www.relationalpsychotherapy.co.uk

Stolorow R and Atwood G (1992)

'Context of Being: the intersubjective foundation of psychological life.' New York/The Analytic Press.

Young-Eisendrath P (1984)

'Hags and Heroes: a Feminist Approach to Jungian Psychotherapy with Couples.' Toronto/Inner City Books.

Fees

Stage 1: £630

Stage 2: £630

Stage 3: £450

On being offered a place the full fee is then payable to confirm that place.

All cheques to be made out to 'David Slattery'.

Overnight Stays

For those of you who wish to stay over Friday night 'B & B' is sometimes available at the training venue. Contact David Frost for further information:

David J Frost

West Wing

50 Thrupp Lane

Stroud GL5 2ER

01453 750 404

07976 711 644

manorhouse.therapy@gmail.com

How to Apply

Fill in the form below, then print off and post to the address below, or send electronically.

I will then arrange to meet with you or talk on the phone so we can work out together if this is the right training for you.

Name:

Address:

Phone no:

E-mail:

Stage you are applying for:

Details of previous training/experience

(inc dates and organisations you have trained with/are accredited with):

Please say something about your experience of being in a couple (including earliest influences of 'coupledom') and why you would like to do the training (500 words max):

Please send application to:

CRCT

Blackbird Cottage,

Windsoredge Lane,

Nailsworth,

GL6 0NP