

Courses and Supervision (2018-2019)

'Learning to work with couples'

This 12 day (60 hour CPD) experiential training is for those who are qualified in individual counselling/psychotherapy and want to expand their practice by learning how to work with couples.

Completion of 'Learning' to work with couples' leads to an award of a Certificate in Relational Couples Therapy.

'Advanced practice'

A 5 day (25 hours CPD) course for those who have completed 'Learning to work with couples' or have considerable training and/or experience (over 100 hours).

Completion of 'Advanced practice' leads to an award of a Diploma in Relational Couples Therapy.

'Supervision groups'

These groups will meet for three days over the year and are designed for those who are currently working with couples. This is an opportunity to speak about the processes that occur between you and the couples you work with, and to learn from those of others. There is a choice between three different groups.

'Talking about sex in the consulting room'

A one day CPD workshop for those working with individuals or couples. This is an opportunity to explore the issue of sex in your work and how to talk about it. For many of us (therapists and clients alike!) sexual intimacy can be a place of hugely heightened hope and fears, yet often it is simply not talked about. If you feel some trepidation in this area this day may be just what you need to open up this enormously important area of therapeutic enquiry. This workshop is running twice each year.

CPD certificates are available at the end of each course
(and for up to one year after completion).

'Learning to work with couples'

This 12 day course integrates experiential learning, reading and discussion, practise and supervision.

The course is divided into two sections:

Learning about couples

Firstly we begin by exploring the relational-system that is a couple relationship and use role-plays to practice 'sitting-with' a couple. We will explore the basics of couples therapy: including 'initial meetings'; 'conscious and unconscious shapes couples make'; 'why do people couple?'; 'ways of *holding* a couple'; 'exploring your own coupling experience'. Practice sessions will take place in the afternoon of each course day.

Course dates: 21-22 September, 5-6 and 19-20 October 2018

Ordinarily you will start seeing couples sometime between November and December (although this is flexible depending on individual process). Help and guidance is given on the course about how to start up.

Working with Couples

This part of the course is primarily concerned with practice, so showing your work and hearing about that of colleagues is a key part of the day. We will revisit some of the themes from the beginning of the course, 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*'.

Supervision sessions will take place in the afternoon of each course day.

Dates: 16-17 November; 30 November-1 December, 14-15 December 2018

'Advanced Practice: CPD for couples therapists'

This 5 day course is for those who have completed at least 100 hours of couples work (see application form for details) and want some further input into their practise in a group of experienced therapists. The course will be 'bespoke' in the sense that we will pay attention to the areas of practice that a particular group deem are important for them.

Dates: 9, 23 and 24 November; 7-8 December 2018

Supervision groups

These groups will meet for three days over the year and are designed for those who are currently working with couples. This is an opportunity to speak about the processes that occur between you and the couples you work with, and to learn from those of others. There is a choice between three different groups (two meeting on Fridays, one on Saturdays).

Dates: Group 1: 14 September 2018 , 8 February and 10 May 2019

Group 2: 15 September 2018, 9 February and 11 May 2019

Group 3: 28 September 2018, 15 February and 17 May 2019

'Talking about sex in the consulting room'

A one day CPD workshop for those working with **individuals or couples**. This is an opportunity to explore the issue of sex in your work and how to talk about it. For many of us (therapists and clients alike!) sexual intimacy can be a place of hugely heightened hope and fears, yet often it is simply not talked about. If you feel some trepidation in this area this day may be just what you need to open up this enormously important area of therapeutic enquiry. This workshop is running four times in 2018/19.

Dates: 10 March or 5 May in 2018 and 16 February or 18th May 2019

Practicals

Course Times:

Fridays: 11am - 5pm

Saturdays: 10am - 4pm

Group size:

All courses are held in small groups, with the following maximums:

CPD days: 10

Training groups: 10

Supervision groups: 8

(if a supervision group has more than 6 people the day will run from 10am-5pm).

Fees

'Learning to work with couples':	£1560
'Advanced Practice':	£650
'Supervision group':	£360
'Talking about sex':	£95 (£60 trainees)