



Centre for Relational Couples Therapy Supporting therapeutic work with couples Training/Supervision/CPD 2026-27 Overview

‘Learning to work with couples’

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

‘Advanced practice’

A bespoke course (over 4-6 mornings depending on numbers) will be created out of the current preoccupations and passions of the participants. For those who have completed ‘Learning to work with couples’ *and* have over 100 hours of supervised practice.

‘Supervision groups’

Online Friday mornings and in-room Saturdays (all day)

These groups will meet for four 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.

Course detail/dates/how to apply

‘Learning to work with couples’ at Barrow Castle

This 12 day course integrates experiential learning, reading and discussion, practise and supervision. The course is divided into two sections:

Part 1: Learning about couples

Firstly we begin by exploring the relational-system that is a couple relationship and use role-plays to practise ‘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’.

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

Dates: Friday 6/Saturday 7; Friday 20/Saturday 21 November and Friday 4/Saturday 5 December 2026

Ordinarily you will start seeing couples sometime around December/January (although this is not a course requirement and there is deliberate flexibility to allow for individual

process). Help and guidance is given on the course about how to start up.

Part 2: 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: Friday 26/Saturday 27 February
Friday 12/Saturday 13 and
Friday 26/Saturday 27 March 2027*

'Advanced Practice' Online CPD for couples therapists

This 5 day course is for those who have completed 'Learning to work with couples' and at least 100 hours of supervised couples work (see application form for details) and want some further input into their practice 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 are interested in.

Dates: Friday mornings (TBC on application)

‘Supervision groups’

Online and in-person

These groups will meet four times a 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 two different groups: Friday mornings (online) or Saturdays all day (in-room, Barrow Castle, Bath, UK).

Dates: TBC (next group cycles are Sept 2026-July 2027 email me to register interest)

Practicals

Training course times:

Learning to work with couples:

Fridays: 11am-5pm Saturdays: 10am-4pm

Advanced practice:

Fridays 9am-1pm

Supervision group times:

The ‘in-room’ Saturday supervision group will be 10am-5pm (depending on numbers).

The online Friday groups will be 9am-1pm (depending on numbers).

Venues:

Learning to work with couples: (Friday/Saturdays).

Supervision group (Saturdays).

Barrow Castle, Bath. UK www.barrowcastle.co.uk

Advanced practice: (Friday am).

Supervision group (Friday am).

Online.

Group size:

All groups are deliberately kept small (with the following maximums):

'Learning to work with couples' (12)

'Advanced Practice' (5-9)*

Supervision groups: (4 online/6 in-room)

Fees

'Learning to work with couples': £2,050 (early-bird: £1,900**)

'Advanced Practice': £400-£600

'Supervision groups': £440 online/£600 in-room

To secure a place on any course the full fee is payable at the time of booking. Cancellation policy: if you withdraw at least 2 months before the course starts half your fee will be returned or you will be offered a place on a future course. If your withdrawal is less than 2 months before the course no refund will be paid but you will be offered a place on a future course.

*courses will be arranged ad hoc, whenever 5 or more people have applied.

**to qualify for an 'early-bird' rate, your application needs to be in by:

'Learning to work with couples' Monday 6 July 2026.

How to apply

For 'Couples Therapy Training' fill in the form below.

For 'Supervision Groups': if we have worked together before you can book a place in the group by simply sending me an e mail saying which group you would like to join and I will send you payment details.

If we haven't worked together before it would be good to talk to work out whether it is a suitable group for you.

Application for Couples Therapy Training

Fill in the form below and send it to me by email david@relational-psychotherapy.co.uk . I will then arrange to meet with you so we can work out together if this is the right training for you.

1. Name:

Address:

Phone no:

E-mail:

2. Course you are applying for:

3. Details of previous training/experience, (including dates and organisations you have trained with/are accredited with):
4. 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):
5. If you are applying for 'Advanced practice' say something about what areas of your work with couples you would like to explore: