



Centre for Relational Couples Therapy

Supporting therapeutic work with couples

Training/Supervision/CPD

2021-22

Overview

‘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 this course leads to an award of ‘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 supervised hours). Completion of this course leads to an award of ‘Diploma in Relational Couples Therapy’.

‘Supervision groups’

These groups will meet for four afternoons or mornings 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.

‘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 subject 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).

Course detail/dates/how to apply

‘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:

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 12th/Saturday 13th November 2021
Friday 26th/Saturday 27th November 2021
Friday 10th/Saturday 11th December 2021*

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 4th/Saturday 5th March 2022
Friday 18th/Saturday 19th March 2022
Friday 1st/Saturday 2nd April 2022*

'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 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 deem are important for them.

Dates: *Friday 22nd April 2022*
 Friday 6th/Saturday 7th and
 Friday 20th/Saturday 21st May 2022

'Supervision groups'

These groups will meet four times 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 four different groups: Friday mornings (1); Friday afternoons (2); Saturday mornings (3) and Saturday afternoons (4).

Dates: *Friday groups (1+2): 10th September; 3rd December 2021 and*
 11th March; 17th June 2022

Saturday groups (3+4): 25th September; 4th December 2021 and
 26th March; 2nd July 2022

'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 hopes 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.

I am running this day on two separate occasions.

Date: Friday 13th May 2022

 Saturday 25th June 2022

Practicals

Course Times:

All days are 10am - 4pm

(except the supervision groups which will run for 3-4 hours (morning or afternoon depending on numbers)

Group size:

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

CPD days: 12
Training groups: 12 'Learning to work with couples'
8 'Advanced practice'
Supervision groups: 5

Fees

'Learning to work with couples':	£1,350 (early-bird: £1,200*)
'Advanced Practice':	£750 (early-bird: £650*)
'Supervision groups':	£360
'Talking about sex':	£95 (£60 trainees)

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.

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

Monday 5th July for 'Learning to work with couples' and

Monday 6th December for 'Advanced practice'

How to apply

For 'Couples Therapy Training' (Certificate and Diploma level) 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.

For 'Talking about sex in the consulting room': simply send an e mail to me saying which date you want to book for and I will send you payment details.

Application for Couples Therapy Training (Certificate and Diploma level)

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: