



# Centre for Relational Couples Therapy

Supporting therapeutic work with couples

Training/Supervision/CPD 2022-23

## 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 11th/Saturday 12th November and Friday 25th/Saturday 26th November  
Friday 9th/Saturday 10th December 2022*

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 3rd/Saturday 4th and Friday 17th/Saturday 18th March  
Friday 31st March/Saturday 1st April 2023*



## Practicals

### Course Times:

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

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

### Venue: Group size:

Couples training/CPD: Barrow Castle [www.barrowcastle.co.uk](http://www.barrowcastle.co.uk) Supervision groups: zoom

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

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

### Fees

'Learning to work with couples':	£1,700 (early-bird: £1,550*)
'Advanced Practice':	£750 (early-bird: £650*)
'Supervision groups':	£360
'Talking about sex':	£95/£60 trainees (2022) £110/£70 trainees (2023)

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 4th July 2022 for 'Learning to work with couples' and Monday 5th December 2022 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](mailto: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: