



## **Relational Psychotherapy Courses and Supervision (2017-2018)**

### **‘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 two 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 three times this 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: 22-23 September, 6-7 and 20-21 October 2017*

*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 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: 17-18 November; 1 December 2017;  
12 January; 9 February and 9 March 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: 10 and 24 November; 8 December 2017;  
5 and 19 January 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 two different groups.

**Dates:** Group 1: 25 November 2017 , 2 March and 4 May 2018 (**this group is now full**).  
Or...  
Group 2: 15th September 2017, 16th February and 27th April 2018

## '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 three times this year.

**Dates:** 10 March or 5 May 2018.

## Practicals

### Course Times:

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

### Group size:

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

CPD days: 12  
Training groups: 10

Supervision groups: 8 (if a supervision group has more than 6 people the day will start an hour earlier).

## **Fees**

<b>'Learning to work with couples':</b>	<b>£1440</b>
<b>'Advanced Practice':</b>	<b>£600</b>
<b>'Supervision group':</b>	<b>£360</b>
<b>'Talking about sex':</b>	<b>£95 (£60 trainees)</b>

## **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:**

**Course 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:  
david@relational-psychotherapy.co.uk