

Training and
Development

INTRODUCTION TO WORKING WITH COUPLES

(4 Day Foundation Programme)

Who is this course for?

This course will suit anyone who already has a basic understanding & experience of the counselling process and is looking to extend their knowledge and experience of working in the interesting, demanding and fascinating world of couple counselling. It will build not only on your counselling knowledge in general but also on the practical and theoretical aspects of working with the couple dynamic. There are 3 additional workshops which will compliment this 4 day course - Day 1 'Working with a Sexual Focus' (6th September), Day 2 'Diversity in Couples Counselling' (11th October) and Day 3 'Using Active Techniques in Couples Counselling' (15th November). (This is a non-accredited programme that will deepen the understanding of working therapeutically with couples.)

Time:
9.30am
to
4:30pm

Date:

June 2018

Wednesday 6th

Thursday 7th

Wednesday 20th

Thursday 21st

Aims Of the course

- To understand Systemic and Psychodynamic theory with regard to couple work
- To be aware and work with the practical differences between working with couples and individuals
- To build therapeutic bonds in a couple dynamic whilst holding the balance in the room
- To understand life stages and loss and how that impacts on the couple dynamic
- To understand and work with different relationship styles
- To learn how to use immediacy effectively to work with the couple fit, conflict and conflict resolution in the room
- To understand diversity and how it specifically impacts on a couple relationship
- To be aware of domestic violence and abuse and its impact on the couple relationship
- To be able to build positive communication between couples

CPD: 28 hours

Trainer

Alex Sanderson-Shortt

An experienced counsellor and trainer who specialises in relationship and LGBTQ therapy. Alex has an MA in Relationship Therapy and is an accredited member of BACP. Alex presents seminars and training on LGBTQ issues in counselling as well as teaching counselling for Relate.

Tea and coffee provided. Light refreshments and lunch are available from our café or bring a packed lunch.

Cost:

£370

Non-invoice bookings: 25% of the total cost is payable on booking to secure a place. The remaining 75% is payable 14 days before the start of the course. Deposit non-refundable.
Cheque: please make payable to The Counselling & Family Centre. Card: please telephone 0161 941 7754 to make a card payment. or for bank details to make a BACS payment. Invoice Only: please give details of whom & where to send to. Full payment required to secure booking. 75% refundable in cases of cancellation if cancelled more than 14 days before course date.
For further information or to book the course please call: 0161 941 7754 or email sarah.barker@thecfc.org.uk

Location :
The Counselling and
Family Centre
40 Mayors Road
Altrincham
WA15 9RP