

RELATIONAL CHANGE: CERTIFICATE IN COUPLES WORK

LED BY DR LYNDA OSBORNE & DR MARIE-ANNE CHIDIAC

As human beings we are wired to emotionally attach. Establishing and maintaining that bond within a couple involves work and needs support which, in a more mobile society, may be less available. Working with couples often creates a potentially positive relational impact on individuals, families and communities. Adopting both a relational and systemic view of working with couples is essential and acknowledges the embeddedness of the couple within a family and larger community.

This programme of 4 modules (over 10 days) will provide you with the competence and confidence to provide couples counselling and psychotherapy.

The emphasis will be on a pragmatic and creative approach to working with couples within a relational frame. As well as practical and pragmatic processes and skills, participants will also be offered the opportunity to explore more embodied and experiential ways of intervening.

The course is suitable for practitioners who wish to extend their work into or with couples, using relational principles – particularly for those trained as individual counsellors in Humanistic, Integrative, Person-Centred, Gestalt, TA, Process or Contemporary Analytic approaches.

You can expect to build confidence and competence as a couples practitioner including:

- Assessment and contracting
- Recognising interlocking dynamics
- Facilitating communication
- Working with sexuality/gender issues
- Conflict and conflict resolution
- Understanding attachment processes/developmental histories
- Consideration of the wider context
- Drawing on theoretical frameworks
- Developing a wide range of relevant skills
- Drawing on the support of the group



DR LYNDA OSBORNE

Lynda works privately as a psychotherapist and supervisor and has trained counsellors and psychotherapists for 30 years. Working with couples is a particular passion and interest for her. She has extensive experience of couples work and has taught in the UK and internationally on the subject.



DR MARIE-ANNE CHIDIAC

Marie-Anne is an experienced psychotherapist and supervisor. She is co-founder of Relational Change and has a particular interest and specialism in life and work transitions, as they pertain to individual, couple and group work.



VENUE:

Palmer Park Avenue,
Reading, Berkshire,
RG6 1DN

DATES 2016:

May 5th, 6th, 7th

July 18th, 19th

September 12th, 13th

November 17th, 18th, 19th

TIMES:

9.30am – 5.30pm

(all days)

FULL COST: £1300

EARLY BIRD COST: £1100

if booked and deposit
paid before March 1st
2016

MORE INFORMATION,

EMAIL:

lynda@osborneuk.co.uk

TO BOOK YOUR PLACE,

EMAIL:

sallyt@relationalchange.org.

SEE WEBSITE:

relationalchange.org

FULL COURSE OUTLINE

Module One: May 5th, 6th and 7th 2016

Making a Start (led by Dr Lynda Osborne)

Assessing, identifying key issues, and contracting are the focus of this module. We will consider the client in context, draw on a range of theoretical frameworks and practise key skills and interventions in couple work.

Module Two: July 18th, 19th 2016

Presenting Problems and Underlying Difficulties (led by Dr Lynda Osborne)

We will focus on ways in which couples may present and recognising their fixed patterns and interlocking dynamics. How effectively a couple communicate and ways to facilitate emotional contact is discussed and practised.

Module Three: September 12th, 13th 2016

The Present in the Past (led by Dr Lynda Osborne and Dr Marie-Anne Chidiac)

In this module we will explore how both individual and family histories underlie a couple's current experience. This will include scripts, the concept of 'unconscious fit', and draw on attachment theory.

Module Four: November 17th, 18th, 19th 2016

Sexuality, Intimacy, and Power (led by Dr Lynda Osborne with guest tutor Dr Jane Hudson)

This module will focus on sexuality and gender, power dynamics and conflict resolution. We will close with **Considering when to withdraw.**

Dr Jane Hudson is a UKCP registered Gestalt psychotherapist and training supervisor who has worked in the field of sexual health for the last 36 years. She works as a doctor in the NHS in a sexual health clinic and also runs an NHS psychosexual medicine clinic.

A combination of relational, embodied, experiential and creative perspectives of couple work underpinned by theoretical understanding and clinical skills runs throughout the course.

Certificate/Diploma Requirements

To obtain the certificate, practitioners must be on the BACP Register of Counsellors, UKCP register of psychotherapeutic counsellors or psychotherapists, or the BPS/HCPC register of counselling psychologists or clinical psychologists.

Trainees may take the course but may not be eligible for the award of certificate, depending on the status of their qualification and registration.

One piece of written work (2000 words) is required for the certificate.

There may be potential to continue the programme to diploma level, through the completion of practicum days, supervised practice in couples work plus additional written work.