

CHANGING RELATIONSHIPS: CERTIFICATE IN COUPLES WORK

LED BY DR LYNDA OSBORNE, CAROLE ASHTON & DR MARIE-ANNE CHIDIAC

Beginning October, 2014

This programme of five two-day workshops will build your confidence and skills in providing couples counselling and psychotherapy.

The course will offer an approach to couples work grounded in a relational perspective of practice. It will offer a combination of the relational, embodied and experiential perspective on working with couples, including pragmatic ideas on psycho-education and experimental interventions.

It will be creative, rigorous and have an emphasis on practice. It will be underpinned with input on, and discussion of, theory – and will draw on differing theoretical approaches.

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 or Contemporary Analytic approaches.

You can expect to:

- Build confidence in working with difficulties and conflict in couples.
- Develop ability in working with unspoken and embodied processes – including your own.
- Understand and work with the impact of the wider context.
- Learn potent psycho-educational and experimental interventions.
- Extend your practice.
- Join a supportive training and development group – with on-going support for your work with couples.



DR LYNDA OSBORNE

Lynda works privately as a psychotherapist and supervisor in Farnham, Surrey. Working with couples is a particular passion and interest for her. She has 35 years experience of couples work and has taught in the UK and internationally on the subject.



CAROLE ASHTON

Carole is an independent psychotherapist and supervisor. She is a qualified psychosexual therapist, couples counsellor, nurse and mid-wife and has a thriving private practice seeing individuals, couples and groups in the North of England.



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: St Andrews Road,
Cambridge, CB4 1DH

DATES:

October 16th - 17th 2014;
November 17th - 18th 2014;
January 24th - 25th 2015;
March 9th - 10th 2015;
May 14th - 15th 2015.

Times:

9.30am – 5.30pm each day

COST: £1200 or £1000 early
bird discount if booked
before 1 Sept, 2014.

FOR MORE INFORMATION

email:

lynda@osborneuk.co.uk

OR TO BOOK, please call

01223 261061 or email:

admin@cambridgecounsellingngservice.co.uk

*This course is offered in
partnership with Cambridge
Counselling Service
([www.cambridgecounselling
service.co.uk](http://www.cambridgecounselling
service.co.uk)).*

FULL COURSE OUTLINE:

Module One: October 16th and 17th 2014

Meeting, assessing and contracting: beginning work with couples

Led by: Dr Lynda Osborne

We will draw on a range of models through which to consider these fundamentally important aspects of couples work.

Module two: November 17th and 18th 2014

Couples work in practice

Led by: Dr Lynda Osborne

This module will focus on those skills which are particularly significant in couple work. We will consider how, when and why the counsellor would intervene or hold back. How to facilitate clear communication is another important aspect of couple work. The role of psycho-education and experimentation will also be considered.

Module Three: January 24th and 25th 2015

Difficulties and differences in couples work

Led by: Dr Lynda Osborne

This module will explore some of the familiar ways in which couples present. While some arrive in crisis we often find entrenched behaviour. We will explore how the past re-creates in the present, repetitive patterns and interlocking systems. How to work with shame in couple work will be discussed.

Couples are located in a particular context and issues of gender, class and culture will be explored. An awareness of the therapist's own background and values is necessarily included.

Module Four: March 9th and 10th 2015

Sex and sexuality in couples work

Led by: Dr Lynda Osborne and Carole Ashton

A couple's sexual relationship will often reflect other areas of their relationship. How does this couple experience themselves sexually as individuals and in their sexual relationship? Recognising and responding to specific sexual dysfunctions is another skill for the couples' counsellor that we will consider.

Module Five: May 14th and 15th 2015

Attachment, separation and loss in couples work

Led by: Dr Lynda Osborne and Dr Marie-Anne Chidiac

In this final module we will focus on attachment styles, their significance for couples' relationships and the implications for clinical work. When isolation and loss are potentially traumatising we will consider how best to support couples who experience these within their relationship or during separation.

The last two workshops (modules 4 and 5) will be open to other participants not on the certificate programme; although the aim is that there will be time for certificate programme-delegates to process and integrate the work from these two workshops together.

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 BPC 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.