

PRACTICAL DETAILS

Dates: Fridays and Saturdays, 10am to 4pm, on 28 and 29 March 2014, 16 and 17 May 2014, 13 and 14 June 2014.

Venue: Network Training, 12 The Courtyard, Woodlands, Woodlands Lane, Almondsbury, Bristol BS32 4NQ.

Group size: A minimum of 8 students and a maximum of 12.

Award: An extended CPD certificate for 36 hours of training.

Course fee: The fee for the course is £665, which includes lunch and refreshments.

Payment arrangements: On acceptance of a place, you become responsible for paying the total course fee. The fee can be paid in one lump sum or in instalments. The instalment option is as follows: we ask you to pay a non-returnable deposit of £45 to secure your place, followed by 4 monthly instalments of £155. Instalments become payable on 1st March, April, May and June 2014.

To apply: Please contact the Training Department Administrator, (christine.board@network.org.uk) to request an application pack. There is no formal selection procedure and places will be offered on a first-come first-served basis.

Closing date for applications: Monday 24 February 2014. Late applications will be considered subject to the availability of places.

network:training

Couple Dynamics

**A short dual-purpose extended CPD course
to introduce working with couples and
enhance one-to-one counselling
where the focus is on couple relationships**

led by Ruth Morgan

Network Training

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COUPLE DYNAMICS

A short dual-purpose course to introduce working with couples and enhance one-to-one counselling where the focus is on couple relationships

This six session course will explore the background to couple relationships and its connections with early life experience. We will look at different styles of relationship, at the life events that may cause couples to fall into crisis, and at the interactions that perpetuate these crises. We will work, practically and interactively, with a range of techniques and interventions that can help unlock conflict and restore stalled relationships. We will consider the hazards that may greet the unwary counsellor, and the ways in which our own personal experiences may play out within couple counselling.

We will look at jealousy within couple relationships, at affairs, and at the effect of secrets on the work. We will also spend one session considering the topics of sex, of intimacy, of sex addiction and of the counsellor's own responses to erotic material between counsellor and client/clients. We will also look at separation counselling and stepfamilies.

It is my intention to offer this course to counsellors who are considering extending their client base to include couples, but who have not at this time undertaken a full couple counselling training. By the end of the course, you will have had the experience of sitting with two clients in the room, and finding out how that feels, and

how you can best apply your skills to this different dynamic. The material will equally illuminate, for one-to-one work, what the absent partner might think/feel/say if they were present. There is no formal written work or assessment.

My style of training is hands-on and practical. I also offer plenty of opportunity for participants to bring their own clinical material and to work with it. I would hope to offer an experience of working in a counselling triad, and also of understanding more fully how couples "work". The intention is that you will feel more confident in working with couples, or you may just feel better equipped to understand the missing partner in one-to-one counselling – I hope this course will allow for both.

My background

I am an integrative psychotherapist, couple counsellor, supervisor and trainer with almost 25 years' experience. I worked as a Relate counsellor for ten years, and currently see both individuals and couples in private practice. I have been a core tutor on two BACP accredited counselling courses as well as running a variety of trainings for counsellors.

The current course in Couple Dynamics has been running for more than four years and I am currently training my 14th group of counsellors.