



Working With Couples Training

Professional development Workshop | Course leader Paul Allsop and Terry Cooper

Developing perspectives and practical approaches to couples work

The working with couples training will introduce different models of working with couples, a variety of ways of assessing relationships and an exploration of the mythologies and realities of intimate relationships. Further, it will introduce the multi contextual framework assessment method, looking at the family life cycle and the multi-generational and socio-cultural influences on relationships. The training will also include how to work with metaphor to develop awareness of what the dynamics and roles are within relationships, how to identify an affair, how to diagnose the type of affair and how to respond to it.

Participants will be able to trace the roots of their own relationship learning, grow new perspectives on relationships and gain an understanding of the couple-therapist triangle. Role-play will be used to look at various relationship issues and discuss how to formulate and apply strategies for on-going couples work. There will be an opportunity to either work with or observe volunteer couples work and at each meeting there will be some time for supervision of participants' work with couples.

This training is for therapists and counsellors who are experienced at working with individuals and who may currently be seeing couples or making the transition to working with couples in their practice.

The course is led by Paul Allsop and Terry Cooper and will next run in 2012.



How to enquire

Each applicant will be assessed for their suitability. For further information on this workshop please enquire online.