Couples work is a professional development programme 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.

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. At each meeting there will be some time for supervision of participants’ work with couples.

The programme 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 programme 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.

Dates
The next group will run in 2015.

How to apply
If you are interested in this programme please register your interest with the Spectrum office.