

Couples Therapy Training 2012

Led by Judith Hemming, an experienced UKCP trainer and couples therapist working with both Gestalt and Systemic approaches, supported by Chris Williams. Other contributors will include Richard Wallstein, Jutta ten Herkel and Nicola Dunn.

The purpose of the training course is to give participants the opportunity to extend their therapeutic practice to working with couples. (It assumes that people already have the basic skills in working with individuals and therefore focuses on the shifts and additional skills needed to be of help when working with couples.)

The teaching is intended to help therapists 'see' and work with systems, both the three interacting ones that are alive in the room, and the wider and deeper family systems that surround it often in hidden ways. Theoretically, we draw on Gestalt theory as a basic orientation, and the systemic insights developed by Bert Hellinger who developed constellations as a practice over the past twenty five years. We will also focus on presence, and an understanding of the many common contexts that bring couples into therapy.

Over the four models we will develop

1. A basic framework:

- The intimate relationship as a life journey, connecting two separate journeys.
- An understanding of the changing tasks of a relationship over time.
- An understanding of the cultural shifts in the institution of marriage.
- A look at what a relationship is for, and what intimacy consists of.
- Understanding more about the perennial paradox between autonomy and communion.

2. The process model of intervening

- How a couple 'dances' together in real time in the room. This is a hugely helpful but challenging Gestalt model, and forms the practical basis of the therapeutic work.
- Positive framing, even handedness, phenomenological tracking, setting up practice opportunities.

3. Systemic considerations –

- An understanding of the motivations and action, ways of managing exchange, culture, roles and beliefs, as they develop through personal loyalties and deeper systemic entanglements and burdens.
- Moving the therapeutic focus between the present, the near past and the further past.
- A basic understanding of the ordering forces that support the flow of love and intimacy.

4. The therapist as instrument –

- The special tasks and contributions of presence and stance, capacity to model and teach.
- Self disclosure, provocation,
- The use of sentences to promote primary energy.

We will also look at specific topics that often arise with couples:

- **Sex** – its power, cost and consequences, the role of advice and training, the impact of pornography and a sexualized and image conscious culture. Affairs, betrayals, aging, fantasy.
- The value of **needing and reaching** out. Ways of working with this in the room. Intimacy, contact and withdrawal – the Gestalt interactive cycle as a map.
- **Children** – fertility issues, parenting and parentification, effect of separation, unlaunched sons
- **Families moving together** – the issues raised by our in-law relationships, and blended families.
- Earlier relationships.
- **Embodiment** – fantasy, splitting, the body as source
- **Loss** through bereavement, divorce, separation. Grief. Empty nests.
- **Cross-cultural** issues – race, sex, class, diversity, politics. Age gaps. Money.
- Working with the **individual** in the couple. Using constellating techniques with couples – genograms and desktop mapping.

General principles

- Each area to be learned experientially
- Exercises and practice in quartets and triads, and desktop practice.
- Live couples to work with.
- An evening of constellating couples work.

The training will be run over the 4 following module:

- Module 1: 14-16th March 2012
- Module 2: 16-18th May 2012
- Module 3: 11-13th July 2012
- Module 4: 3-5th October 2012

Venue: Movingartsbase, Islington, London

Cost: £1495 (a non-refundable deposit of £295 will be required to secure your place)

Places will be limited, so please make sure you book early for this

You can download an application form from the following website:

<http://www.centreforsystemicconstellations.com/couples-training.html>

For further information please contact Marilene on

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