

## RELATIONAL CHANGE: A CERTIFICATE IN COUPLES WORK

LED BY DR LYNDA OSBORNE & DR MARIE-ANNE CHIDIAC

**Beginning January 2018**

As human beings we are wired to emotionally attach. Establishing and maintaining that bond within a couple involves work and needs support which, in a more mobile society, may be less available. Working with couples often creates a potentially positive relational impact on individuals, families and communities. Adopting both a relational and systemic view of working with couples is essential and acknowledges the embeddedness of the couple within a family and larger community.

This programme of 5 modules (over 10 days) will provide you with the competence and confidence to provide couples counselling and psychotherapy.

The emphasis will be on a pragmatic and creative approach to working with couples within a relational frame. As well as practical processes and skills, participants will also be offered the opportunity to explore more embodied and experiential ways of intervening.

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, Process or Contemporary Analytic approaches.

**You can expect to** build confidence and competence as a couples practitioner including:

- Assessment and contracting
- Recognising interlocking dynamics
- Facilitating communication
- Working with sexuality/gender issues
- Conflict and conflict resolution
- Understanding attachment processes/developmental histories
- Consideration of the wider context
- Drawing on theoretical frameworks
- Developing a wide range of relevant skills
- Drawing on the support of the group



### DR. LYNDA OSBORNE

Lynda works privately as a psychotherapist and supervisor and has trained counsellors and psychotherapists for 30 years. Working with couples is a particular passion and interest for her. She has extensive experience of couples work and has taught in the UK and internationally on the subject.



### 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:** Kingston upon Thames

**Certificate Dates:** 2018  
January 26<sup>th</sup>, 27<sup>th</sup>  
February 2<sup>nd</sup>, 3<sup>rd</sup>  
March 2<sup>nd</sup>, 3<sup>rd</sup>  
May 4<sup>th</sup>, 5<sup>th</sup>  
June 1<sup>st</sup>, 2<sup>nd</sup>

**Diploma Dates:**  
7-8 September, 2018

**TIMES:**  
9.30am – 5.00pm each day.  
[10:00 start on day 1]

**Certificate Cost:** £1250 (or £1100 early bird discount if booked before end September 2017).

**Diploma Cost:** £375

**FOR MORE INFORMATION,**  
email:  
[lynda@osborneuk.co.uk](mailto:lynda@osborneuk.co.uk)

**OR TO BOOK,**  
please email:  
[sallyt@relationalchange.org](mailto:sallyt@relationalchange.org)

## **FULL COURSE OUTLINE:**

**Module One:** January 26<sup>th</sup> and 27<sup>th</sup> 2018

### **Making a Start**

Led by: Dr. Lynda Osborne

Assessing, identifying key issues and contracting is the focus of this module. We will consider the client in context, draw on a range of theoretical frameworks and practise key skills and interventions in couple work.

**Module two:** February 2<sup>nd</sup> and 3<sup>rd</sup> 2018

### **The Present in the Past**

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

In this module we will explore how individual, family and cultural histories underlie a couple's current experience. This will include scripts and the concept of 'unconscious fit'.

**Module Three:** March 2<sup>nd</sup> and 3<sup>rd</sup> 2018

### **Presenting Problems and Underlying Difficulties**

Led by: Dr. Lynda Osborne

We will focus on ways in which couples may present and recognising their fixed patterns and interlocking dynamics. How effectively a couple communicate and ways to facilitate emotional contact will be discussed and practised.

**Module Four:** May 4<sup>th</sup> and 5<sup>th</sup> 2018

### **Attachment, separation and loss in couple work.**

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

This module 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.

**Module Five:** June 1<sup>st</sup> and 2<sup>nd</sup> 2018

### **Sexuality, Intimacy and Power**

Led by: Dr. Lynda Osborne

This module will focus on sexuality and gender, power dynamics and conflict resolution

A combination of relational, embodied, experiential and creative perspectives of couple work underpinned by theoretical understanding and clinical skills runs throughout the course.

## **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 two practicum days, supervised practice in couples work plus additional written work.