

DIPLOMA IN COUPLES COUNSELLING

(using creative interventions)

Six-Month Part-Time Training (weekend days only)

Overview

This Diploma aims to provide training in couples counselling (using creative interventions and the arts) to qualified counsellors, psychologists, therapists and psychotherapists.

The curriculum will focus on the fascinating theory and practice of couple dynamics, including attachment patterns, developmental stages of relationships, ways of dealing with conflict and establishing/re-establishing intimacy. Relationship itself is seen as a vital opportunity for both people to embark on a journey of transformation and personal development, which lies way beyond the imaginings and possibility of self alone. In the light of this, course participants will be empowered to develop innovative interventional styles, gaining a wealth of key tools and techniques to enable couples to engage creatively with the challenges, qualities and potential of their relationship.

Theoretical Perspectives

Tutors will adopt an integrative psychotherapeutic model drawn from object relations theory, psychodynamic theory and practice, archetypal psychology, Gestalt, Transactional Analysis, family systems theory and the therapeutic application of the arts. Tutors will also provide essential clinical thinking on assessment and treatment planning for couples work, and how to hold clients effectively through the process of change as their relationship develops. The learning style on the course will be largely reflective and experiential.

Creative Interventions

The therapeutic use of the arts and mental imagery will be incorporated throughout the course, including:

- Creative intervention to develop and deepen dialogue within the couple relationship
- Creative intervention to enable the couple to develop heightened awareness of relational patterns, fixed positions, and how past relationships are affecting their current relationship.
- Exploring, experiencing and practising more creative relational interactions



For application forms or any further enquiries, please contact

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THE INSTITUTE FOR ARTS IN THERAPY AND EDUCATION

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Topics include:

- Couple dynamics and the concept of the life-death-life cycle of relationships
- 'Love made hungry and love made angry' (Guntrip)
- The effect of childhood relationships on capacity for sustained, enriching intimate relationships in adulthood
- The long-term effect of early projections, early attachments, object relations (first connections of love and rage)
- When couple work is appropriate or inappropriate
- Skills, interventions and clinical techniques to empower couples to better manage the difficulties of their relationship
- 'Minding the gap' between idealisation and reality, de-stabilising periods, separation and loss, attachment ruptures which all initiate change
- Creative management of conflict, polarisation, disappointment, disillusionment, loss of the dream, unconscious wounding
- Defences against change: both individual and shared
- Facilitating the couple to move from "lie invitee" to truth listening (Ellyn Bader)
- From co-dependency to co-empowerment
- Good endings, new beginnings
- Family constellations, transpersonal stance, transformation through relationship.
- The therapeutic space, language of the unconscious, and counter transference.

Time Commitment (weekend days only):

3 weekends: (No written work). CPD certificate of attendance.

6 weekends: (One essay). Certificate in Couple Counselling (using the arts).

6 weekends, plus 1 day, plus 30 hours supervision: (Essay plus case study). Diploma in Couple Counselling (using the arts).

About the Award

The Diploma is awarded by the Institute for Arts in Therapy and Education (IATE) in partnership with Time2relate.

About the Institute for Arts in Therapy and Education

The Institute is a British Accredited Higher Education College of over 20 years standing, and Academic Partner of London Metropolitan University. It runs three Masters Degree courses validated by the university. The Institute has over 350 students and a teaching faculty of over 40 members.

About Time2relate

Time2relate has been providing training and supervision in couple counselling to qualified therapists for the past 6 years. Using a unique and inclusive theoretical model which primarily views the relationship itself as challenger, teacher, and healer, Time2relate offers in depth counselling, group work, and workshops for all couples who wish to engage in the transformative work that can evolve from learning to listen to the call of their relationship in a new way.

Admission criteria

- Age 25+
- Personal experience of individual or couple therapy
- Recognised qualification as a counsellor, therapist, psychologist or psychotherapist
- Minimum of 1 years post qualification experience and at least 250 client contact hrs

Applicants must also demonstrate the following on the interview day:

- Developed capacity for empathy and human warmth
- High level of self awareness
- Stability under stress
- Emotional robustness
- Developed capacity to play in terms of imagination and artistic expression

Trainers

John Shuttleworth

John is a founding director of time2relate, and has been working with couples for many years. He originally trained at Metanoia Psychotherapy Training Institute (UKCP Member Organisation) in Person-Centred Counselling and Gestalt Psychotherapy. He is an experienced trainer, having been the course team leader on the Diploma in Integrative Psychotherapeutic Counselling at Crawley College, and a visiting trainer for Matrix College in East Anglia. John trained with Bert Hellinger, Hunter Beaumont and Judith Hemming in family systems therapy.

Tatiana Shuttleworth

Tatiana trained at the institute of Psychosynthesis and Revision. She has had extensive experience of working with individuals and couples in a wide variety of NHS settings and in private practice. Her background includes teaching, lecturing, family work, and providing training and workshops within Health, Education, and Social Services. She is a founding director of Time2relate and now works in partnership with her husband John offering professional training and in depth couple work, as well as facilitating women's groups in England and France.

Deborah Kelly

Deborah trained as an Integrative Arts Psychotherapist at the Institute for Arts in Therapy and Education (UKCP Member Organisation) and has a private practice in East Sussex working with couples, individuals and groups. For many years she has run groups and workshops with a variety of foci, including palliative care (professionals and patients), bereavement, suicide, women's groups, 'five elements', shiatsu and the Wheel of the Year. She trained as a couple counsellor with Time2 Relate and has developed this work to include the arts.