

Bristol Relationships

The Space Between: An Advanced Specialist Training in Relationship Counselling

Course Outline

- Days One & Two: Welcome, Introductions and Joining
Introduction to Couple Counselling:
- Convening and Setting Up
 - Assessment and Contra-indications
 - Hypothesising
 - The Therapeutic Alliance
 - Good Ethical Practice
 - Use of Supervision
 - Using Clients' Feedback
- Days Three & Four: Ways of working with popular practice presentations with couples:
- Sex and Sexuality
 - Affairs
 - Mental & Physical Health Issues
 - Anger and Rage
 - Separation
 - Bereavement and Loss
 - Cross-cultural Issues
- Days Five & Six: Working with Families
- Introduction to Family Work
 - Assessment, Contra-indications and Limitations
 - Popular Presentations
 - Child/teenager identified as "the problem"
 - Inter-generational adults
 - Blended Families
- Reflection and Ending
- Day Seven: Supervision & Presentation Day
- Individual presentations to group.
 - Extended group supervision. The group will collaborate on how this time is used. It is intended as a follow-up to the teaching days to clarify and consolidate learning as it relates to students' practice.
- Day Eight: Although not a formal teaching/supervision day, this is an additional six hours comprising: 2 x 2 hour peer supervision groups plus 2 hours individual supervision with a course tutor.