



Certificate in Couples Work

BRIEF COURSE INFORMATION



May 2026

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INTRODUCTION

Starting in **May 2026**, the Certificate in Couples Work online course will be delivered over a 4-month period of interactive and experiential training.

The Certificate in Couples Work course is a collaboration between Physis Scotland and Kelly Scharver and will be delivered on a Wednesday, Thursday and Friday daytime using the online platform Zoom, enabling you to join us from wherever you are in the world.

This dynamic training will enable you to:

- Learn and apply the developmental model of couples therapy to help couples discover underlying causes of distress and evolve through life challenges.
- Build skills in assessing a couple's developmental stage, setting autonomous goals, and facilitating positive growth and connection.
- Apply neuroscience and differentiation techniques to your clinical and personal life to get healing results.
- Provide couples with a different experience of couples therapy so they get unstuck and are motivated to create a new positive dynamic.

COURSE DATES FOR SPRING 2026

6th/7th/8th May 2026

17th/18th/19th June 2026

8th/9th/10th July 2026

5th/6th/7th August 2026

TRAINER

[Kelly Scharver, LPC](#)

VENUE

We are delighted to offer the Certificate in Couples Work as an online experience. Course participants can join from the comfort of your own home, from wherever you are located around the globe. We will be delivering the programme by Zoom technology, an excellent platform that will allow time for experiential work in break out rooms. Course participants will receive a Zoom link before the course commences.

All training dates will start at 1pm and finish at 5pm, BST.

ATTENDANCE REQUIREMENTS

All participants are expected to attend all scheduled training dates in full (if this is not possible, participants will receive a Certificate of Attendance at the end of the course).

ASSESSMENT

To gain the Certificate, participants on this course will need to:

- Attend all scheduled training dates in full (if this is not possible, participants will receive a Certificate of Attendance).
- Be willing to role play being clients to develop learning and implementation of the developmental model.
- Complete and submit a written reflection of between 500-750 words after each module of key take aways from the training and your experience of practicing one of the interventions.

FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of the final module.

Administrative queries should be directed to Christina Ching, Physis Scotland Academic Administrator on enquiries@physisscotland.co.uk or 07927 557217.

COURSE STRUCTURE

Module One: Developmental Model of Couples Counselling and Getting Off to a Powerful Start

- Overview of the Bader-Pearson Developmental Model of Couples Counselling
- Learn how to assess a couple's developmental stage
- Steppingstones to intimacy intervention
- Rethinking first sessions - creative ways to guide your couples from the first session
- Autonomous goal setting
- Paper exercise intervention
- Practice and demonstrations

Module Two: Neuroscience and Differentiation in Couples Work

- Learn how to apply neuroscience concepts and strategies to help clients self-regulate
- Overview of Self and other differentiation and how to empower couples
- Using the Initiator-Inquirer process to support couple's developmental capacities
- Practice and demonstrations

Module Three: Working With Hostile and Conflict Avoidant Couples

- Turn up the heat with Conflict Avoidant Couples
- Show strong leadership with hostile couples

- Deepen your own self-awareness and stay integrated while being with challenging couples
- Practice and demonstrations

Module Four: Putting it All Together

- Case examples of couples who have experienced developmental models of couples' therapy
- Consultation on your current couples
- Exploration of your own blocks to differentiation and your developmental edge
- Practice and demonstrations

REFLECTIVE PRACTICE (ongoing throughout the course)

- Coached, observed and peer supervised skills practice across each module.

TRAINER BIOGRAPHY

Kelly Scharver, LPC



Kelly specialises in developmental model couples counselling and owns a private practice in Virginia Beach, VA, USA. Kelly is one of Dr. Ellyn Bader's trainers at the Couples Institute in California. She actively uses the Bader-Pearson Developmental Model to help couples unveil what is keeping them stuck and guide them to positive growth. Kelly is passionate about working with couples and continually stretches herself personally and professionally to enrich her skill set. Kelly has an MA in Professional Counseling and BA in Psychology and Fine Arts.

Kelly also has in-depth training in Re-decision Therapy from Vann Joines at the Southeast Institute and is trained in energy psychology protocols. She has found combining these modalities within the Developmental Model structure allows her to work deeply and effectively with couples. She has also been in partnership with her husband for over 23 years and has two daughters. When she isn't with her family or working with couples, she can be found playing beach volleyball or surfing.

FEES

Certificate fee: £945 (inc. VAT) (4 taught modules). £180 deposit plus 3 x £255 if self-funding. If you are being sponsored through your organisation, the fee is £1,275 (inc. VAT). £180 deposit plus the remaining balance before the commencement of the course. Please note, that if your sponsoring organisation is a charity, the course fee is £945 (inc. VAT).

A deposit as indicated above is required to secure your place. The balance may be paid in full by **22nd April 2026**, or spread over 3 instalments if self-funding, paid in April, June and July. Please complete the appropriate section of the registration form to take up the instalment payments option.

HOW TO APPLY FOR THE CERTIFICATE IN COUPLES WORK

To apply for the Certificate in Couples Work, you need to complete and return an application form and attach a copy of your CV and Diploma Award (if applicable). In addition, you need to attach a personal statement where you tell us why you are applying for the course.

Please also contact enquiries@physisscotland.co.uk or 07927 557217 if you have any other questions about the course. The deadline for applications for the Certificate is **8th April 2026**.

CONTACT US

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PHYSIS SCOTLAND

