



Certificate in Couples Work

BRIEF COURSE INFORMATION



Spring 2022

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INTRODUCTION

Starting in **April 2022**, the Physis Scotland Certificate in Couples Work CPD course will be delivered over 6 days of interactive and experiential training, over a 3-month period.

This dynamic training will enable you to:

- Explore the ways in which couples work is different from individual therapy (a 'couple' here meaning any two adults in relationship, including family and friend couples).
- Introduce you to *The Key to Couple Work*, a robust eight-session model for working with couples, devised by Jennie Miller and incorporating Transactional Analysis theory.
- Explore all key aspects of couples work, including: essential skills; boundaries with couples; how to facilitate connection; understanding what aspects of couples work may be most challenging to you, the practitioner.

Applicants for this course must have completed 200 hours of supervised counselling practice or equivalent in other fields, for example coaching or organisational work. Whilst this course will draw on aspects of Transactional Analysis theory, no prior knowledge of TA is required to undertake the course.

COURSE DATES FOR 2022

02/03 April 2022

07/08 May 2022

25/26 June 2022

TRAINER

[Jennie Miller PTSTA](#)

VENUE

Face-to-face and online event.

This course will be delivered using a blend of online and face-to-face learning, as follows:

02/03 April 2022	Group face-to-face at Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN.
07/08 May 2022	Group meets online, using Zoom.
25/26 June 2022	Group meets online, using Zoom.

The first weekend of this course will be delivered face-to-face, giving participants the opportunity to meet in person and to form as a group. From this foundation, the next two weekends will be delivered online, allowing you to attend from the comfort of your own home, wherever you are located. The online teaching will be delivered by Zoom, an excellent platform that will allow time for experiential work in break out rooms. When using Zoom, course participants can communicate with the trainer both by voice and text via the online chat box. A Zoom link will be provided in advance of each weekend.

ASSESSMENT

To gain the Certificate, participants on this course are required to:

- Complete a minimum of eighteen hours of couples work, either during or after the training
- Attend all scheduled training dates in full (if this is not possible, participants will be required to attend a one to one tutorial, for which there will be an additional fee)
- Record a learning journal and log of hours during the training and whilst gaining the required hours of couples work practice
- Be willing to role play being clients to develop learning and implementation of the eight-session model
- Submit a 2000 word written Case Study following the practice on the course, to illustrate learning from the course and demonstrate understanding of how the eight-session model works in practice. The case study will need to illustrate that the practitioner can reflect on their work and how they have developed during the training. The Case Study must also include a 10-minute transcript with TA diagnosis (not part of the word count). Please note, TA diagnoses is part of the course curriculum, therefore a prerequisite of TA knowledge is not required
- A summary of your learning journal must also be submitted, along with your Case Study
- Observed Skills Practice and Supervision

Formative assessment

This will be made by the course tutor during the training days, evaluating skills development and understanding of theory demonstrated during the training process. The transcript assignment has a formative assessment component alongside their Summative scoring.

Summative assessment

The Case Study will be graded according to the post graduate assessment scales found in the Training Handbook.

Case Study (2000 words) – Discuss your understanding of the course and the eight-session model using a case study from your practice. This will include a transcript of a 10 minute excerpt of live couples work, appropriate "front sheet" information, and commentary linking your analysis of your case study to the eight-session model. (Word count excludes transcript).

Marking

The Case Study assignment will be double marked.

Assignment Submission Date:

The Case Study will be submitted by **1st December 2022**.

Practice Hours Completion:

Course participants must complete a minimum of eighteen hours of couples work either during or after the programme has ended.

Please note, if you are an existing couples therapist it will be possible to count a proportion of your hours towards the practice hours requirement of the course. This can be discussed and agreed with the course tutor during the first training weekend.

FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of the final module. At any point students are invited to contact the course tutor if they are in need of academic or pastoral support.

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

COURSE STRUCTURE

Module One: Getting to know you

- Overview of course and group contracting.
- Personal view of couples work – exploring motivations, hopes and fears.
- Beginning the work: first contact from clients and how best to respond; the assessment and the start of boundary work; session one and intake; format of how each session will start; contracting and session two.
- Looking at Wares Contact Doors.
- Learning Journal: participants to keep a learning journal of their experience and reflections.
- Observed skills practice and supervision.

Module Two: Boundaries with a Couple- How to use them and not lose them

- All things boundaried: when a couple will push the boundary both inside and outside a session; dealing with the non-engager; exploring what might you be fearful of.
- Ruptures large and small.
- Looking at the impact on the practitioner when working with a couple. Building the relationship with your couple and some creative techniques.
- Working through sessions 2-5, this will include introducing the PAC model to your clients and explore mapping their relationship.
- Observed skills practice and supervision.

Module Three: Are we nearly there yet and endings

- Time to review: the work so far, checking the contract; what is working and what might the couple be avoiding? Are the couple engaging with the work outside the sessions? If not how to address this.
- Working through sessions 5-7, this will include introducing the Drama Triangle and Choy's Winners Triangle to your couple. Looking toward the ending.

- Observed skills practice and supervision.
- The final session with your couple, including how to be creative with endings.
- Final practice and supervision.

REFLECTIVE PRACTICE (ongoing throughout the course)

- Coached, observed and peer supervised skills practice across each module.
- Reflective learning journal
- 1 transcript analysis assignment to be submitted with Case Study.

TRAINER BIOGRAPHY

Jennie Miller, PTSTA

Jennie Miller is a TA Psychotherapist based in Edinburgh Scotland. Jennie works with individuals and couples in private practice, as well as being a qualified supervisor and trainer. With many years of experience in working with couples Jennie has also delivered training in her model *The Key to Couple Work*, a short-term dynamic programme of therapy with any two people in a relationship; this has included working with the MOD and their Welfare Officers.

Jennie is a published author of *Boundaries: Say No Without Guilt, Have Better Relationships, Boost Your Self-Esteem, Stop People-Pleasing* and *How to Draw the Line in Your Head, head and Home*. She has also written many articles in the popular press including the Times and magazines. Jennie also enjoys therapeutic story telling which is included in her training as well as a one-day course in how to use this ancient art.

APPLICATION

An application form is available from Physis Scotland. Please contact us by emailing enquiries@physisscotland.co.uk or telephoning 07927 557217. The deadline for applications for is the **18th March 2022**.

FEES

Certificate fee: £650 (3 taught modules over 3 weekends). £95 deposit plus 3 x £185 if self-funding. If you are being sponsored through your organisation, the fee is £950. £95 deposit plus the remaining balance before the commencement of the course.

A deposit as indicated above is required to secure your place. The balance may be paid in full 1 week before the start of the course, or spread over 3 instalments if self-funding, paid in April, May, and June. Please complete the appropriate section of the registration form to take up the instalment payments option.

Please note: fees for supervision of your couples work are not included and are a matter for agreement directly with your supervisor.

Physis Scotland, 22 Drumsheugh Gardens, Edinburgh, EH3 7RN

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