



# Certificate in Couples Work

**BRIEF COURSE INFORMATION**



**April 2024**

## CONTENTS

<b>INTRODUCTION .....</b>	<b>3</b>
<b>COURSE DATES FOR 2024 .....</b>	<b>4</b>
<b>TRAINER .....</b>	<b>4</b>
<b>VENUE .....</b>	<b>4</b>
<b>ATTENDANCE REQUIREMENTS .....</b>	<b>4</b>
<b>ASSESSMENT .....</b>	<b>5</b>
<b>Formative assessment .....</b>	<b>6</b>
<b>Summative assessment .....</b>	<b>6</b>
<b>Marking .....</b>	<b>6</b>
<b>Assignment Submission Date .....</b>	<b>6</b>
<b>Practice Hours Completion .....</b>	<b>7</b>
<b>Placements with UK Counselling Network CIC .....</b>	<b>7</b>
<b>FEEDBACK .....</b>	<b>8</b>
<b>COURSE STRUCTURE .....</b>	<b>8</b>
<b>Module One: Getting to Know You .....</b>	<b>8</b>
<b>Module Two: Boundaries with a Couple - How to Use Them and Not Lose Them</b>	<b>9</b>
<b>Module Three: Are We Nearly There Yet and Endings.....</b>	<b>9</b>
<b>Module Four: The Reality of Working with a Couple – Let’s do Supervision .....</b>	<b>9</b>
<b>REFLECTIVE PRACTICE.....</b>	<b>10</b>
<b>TRAINER BIOGRAPHY .....</b>	<b>10</b>
<b>FEES.....</b>	<b>11</b>
<b>HOW TO APPLY FOR THE CERTIFICATE IN COUPLES WORK.....</b>	<b>11</b>
<b>CONTACT US .....</b>	<b>12</b>
<b>PHYSIS SCOTLAND .....</b>	<b>13</b>

## INTRODUCTION

Starting in **April 2024**, the Physis Scotland Certificate in Couples Work blended course will be delivered in-person and online over 8 days of interactive and experiential training, over a 4-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. Please note, this can be face-to-face, online or a combination of both.

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 2024

12<sup>th</sup>/13<sup>th</sup> April 2024 (In-person)

24<sup>th</sup>/25<sup>th</sup> May 2024 (Online)

28<sup>th</sup>/29<sup>th</sup> June 2024 (Online)

23<sup>rd</sup>/24<sup>th</sup> August 2024 (In-person)

## TRAINER

[Jennie Miller PTSTA](#)

## VENUE

Physis Scotland's Certificate in Couples Work course will be delivered on a Friday and Saturday daytime using a blended approach of face-to-face and online training.

Face-to-face training is scheduled to take place at 22 Drumsheugh Gardens Edinburgh EH3 7RN. The May and June dates will be delivered online, whilst the April and August dates will be delivered in-person. A Zoom link will be provided in advance of the online dates. **All training dates will start at 10am and finish at 5pm.**

## ATTENDANCE REQUIREMENTS

All students are expected to 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 of £65). A minimum of 85% attendance is required in order to be considered for the Certificate award (**can only miss 1 day max**).

## 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, including experience of both online and face-to-face couples work.
- 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.
- Submit a 10-minute transcript of live couples work with TA diagnosis, including appropriate "front sheet" information, and commentary with analysis. 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 and Transcript will be graded according to the post graduate assessment scales found in the Couples Work Handbook.

Case Study (2000 words) – Discuss your understanding of the course and the eight-session model using a case study from your practice.

Transcript – Complete a 10-minute excerpt of live couples work, including appropriate "front sheet" information, a commentary and a 500 word analysis of the work done, linking it to the eight-session model.

## Marking

The Case Study assignment will be double marked.

The transcript assignment will be double marked.

## Assignment Submission Date

The Case Study and transcript assignments need to be submitted within 6 months of completing the taught component of the course. The deadline for submitting written work is the **28<sup>th</sup> February 2025**.

## Practice Hours Completion

All students are required to make arrangements for a couples work placement which:

- Enables students to complete a minimum of 18 hours of couples work either during or after the programme has ended.
- Enables students to have experience of both online and face-to-face couples work.
- Enables audio recording of couples work sessions.
- Is supervised at a ratio of 1 hour's supervision to every 6 hours of couples work.
- Is supervised by an experienced supervisor with a recognised supervision qualification at Diploma level or by a PTSTA or TSTA.

Please note, there isn't a timescale by when placement hours need to be completed.

## Placements with UK Counselling Network CIC

Physis Scotland in partnership with the Award Winning Social Enterprise UK Counselling Network CIC are passionate about delivering accessible, quality counselling and psychotherapy to all. We recognise that accessing quality therapy can be difficult because of lengthy waiting lists and high costs and are delighted to offer our low-cost counselling service to people throughout Scotland on a low income. The service is staffed primarily by existing trainees in Advanced clinical training, all of whom have been endorsed to practice, are in regular supervision and are on our Diploma in Counselling using TA programme.

Physis students can apply for a couples work placement. Please be in touch with Sally Edmonson, Placement Co-ordinator if this is of interest to you. Sally's email contact is [placement@ukcounsellingnetwork.co.uk](mailto:placement@ukcounsellingnetwork.co.uk)

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](mailto: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

## **Module Four: The Reality of Working with a Couple – Let's do Supervision**

- An opportunity for you to bring your supervision questions and for us to explore as a group different couple dilemmas
- Supervision on setting up in practice for counsellors at the start of working

with a couple, through to supervision on the more experienced practitioner at work

- Exploring together various supervision techniques including creative ways of using supervision when working with couples and more
- Deepen your understanding of couples work
- Broaden your knowledge on couples work dilemmas
- Support you in understanding what you might need from supervision going forward
- Observed skills 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.

## **FEES**

Certificate fee: £1152 (inc. VAT) (4 taught modules over 8 days). £150 deposit plus 3 x £334 if self-funding. If you are being sponsored through your organisation, the fee is £1548 (inc. VAT). £150 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 by 08/04/2024, 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.

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

## **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 along with a copy of your professional indemnity insurance. In addition, you need to attach a personal statement where you tell us why you are applying for the course.

Once we receive your application, we will make contact with your referees. Upon receipt of satisfactory references, you will be offered an unconditional place on the course.

If you would like to apply for the course and have not received an application form with this booklet, please contact [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) or 07927 557217 to request your application form. Please also contact us if you have any other questions about the course. The deadline for applications for the Certificate is **18<sup>th</sup> March 2024**.

## CONTACT US

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# PHYSIS SCOTLAND

