

Couple Counselling Course

*An Introduction to the
Theory and Practice of Working with Couples*

Core Theoretical Model: Interactional

A Four Day CPD Course Incorporating Theory & Experiential Practice

Suitable for qualified counsellors and counselling supervisors
who wish to broaden their skills and knowledge base

Course Tutors: Paula Isgrove & Ian Rattray

VENUE: LIFE-FORCE - Coral Room

DAYS: Four Sundays

DATES: 13th & 27th Feb & 13th & 27th March 2022

TIME: 9:30am – 5:00pm

COST: £395 per person

Certificated by LIFE-FORCE – 24 hours of CPD

Minimum of 90% attendance is required to obtain the course certificate
Minimum of 6 participants - Maximum of 12 participants

One week prior to the start of the course, participants need to purchase and read
'On Chesil Beach' by Ian McEwan (2008) Vintage. ISBN-13: 978-0099512790 £5.59

Please visit LIFE-FORCE website www.lifeforce-centre.co.uk/couple-course.html for:

- **Booking Form**
- **Course Aims & Learning Outcomes**
- **Course Programme**

Alternatively, hard copies of the above documents can be obtained by contacting the
LIFE-FORCE office on 01206 791661 or by emailing info@lifeforce-centre.co.uk

Registered Office: 3 East Hill, Colchester, CO1 2QL.

Tutor Biographies

Course Leader

Paula Isgrove Registered MBACP

Dip. Psychodynamic Counselling, Cert. Integrative Supervision, Cert. Psychosexual Studies, Cert. Group Facilitation, Cert. Creative Therapies, Registered General Nurse.

Paula qualified as a Psychodynamic Counsellor in 2010. She has volunteered since 2007 in the counselling sector and went on to work as a Women's Practitioner for CARA, the Centre for Action on Rape and Abuse, a charitable organisation that supports women, children and families who are survivors of sexual violence and abuse. She also has her own private practice where she works with a range of issues including couples work and psychosexual counselling, which she trained for at the Tavistock Centre in London. Paula qualified as a nurse in 1985 and has worked as a nurse for the NHS in a variety of roles throughout her career and thus has a clear understanding of the relationship between physical health and psychological well-being. Her approach is predominantly psychodynamic as she believes in focusing on the unconscious thought processes from the past, as these affect a client's behaviour in the present and also the therapeutic relationship. This approach then enables clients to adapt so that their present and future life can become more manageable. Paula also has experience of providing peer support and supervision and these have influenced her practice by introducing more integrative and humanistic approaches which now underpin her skills practice. Paula brings a wealth of experience, love and heart to her professional work.

Co-Tutor

Ian Rattray Registered MBACP (Accred)

Dip. Integrative Counselling, Cert. Clinical Supervision, Cert. Working with Couples

Ian qualified as an Integrative Counsellor at LIFE-FORCE in 2011. He initially practiced as a counsellor in a GP surgery working with a variety of mental health issues. Since then he has been part of the Counselling Team at LIFE-FORCE where he works both long and short-term with a wide range of presenting issues and client groups, including couples. He has also established his own private practice which includes counselling couples and families. He trained in Couples Counselling at LIFE-FORCE and has a special interest in those affected by autistic spectrum disorders and the specific relationship and communication challenges they face. Ian has particular experience as a counsellor with children and young people in primary and secondary education and feels this has had a profound influence on his practice with all client groups. His integrative therapeutic approach, initially inspired by the Person-centred counselling philosophy, is grounded in a humanistic framework, integrating psychodynamic concepts, Gestalt and creative therapy. With an empathic way of being, he has found that being open to the uniqueness of each person's experience of life is integral to a therapeutic relationship through which others can move forward.