

Course Programme

Day One - Theory & Philosophy of the Approach

Interactional Systems Theory

Key Concepts

Evaluation of Systems Theory

Group Dynamics

Philosophy of the Approach

Theory of Roles

Experiential Exercise - Roles

Session Notes and Supervision

Skills Practice/Role Play

Day Two - Assessment & Building a Therapeutic Alliance

Genograms

Experiential Exercise – Group Genogram

The Nature of the Problem

Initial Assessment and Contracting

Assessment Form

Client Information and Assessment Notes

Outcome Evaluation

Experiential Exercise - Assessment

Skills Practice/Role Play

Day Three - Framework for Practice

Interpersonal Framework

A Framework for Practice

Holding a Central Frame

Leading the Couple in Triad Work

Experiential Exercise - Therapeutic Approach

Understanding the Process

Skills Practice/Role Play

Day Four – Specific Issues in Couple Work

Sexual Abuse: Working with Adult Survivors & Their Partners

Possible Difficulties 'In the moment'

Experiential Exercise - Working in the Moment

Advantages & Disadvantages of Couple Work

Experiential Exercise - Working with Couples

Discussion and Closure