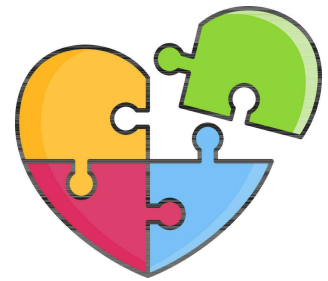


Advanced Certificate Couple Counselling



Start Date: Friday 11th September 2026

This seven-day, face to face, couple counselling training has been developed with the aim of giving you the skills & knowledge necessary to become a competent and confident couple counsellor. Previous experience of couple counselling is not needed to attend.

This step-by-step training (50 hours CPD) is suitable for counsellors & therapists with two or more years of counselling practice experience and various counselling modalities, who wish to expand their practice to include couple counselling.

We will learn, explore and discuss:

- **Getting Started - assessment, boundaries and contracting**
- **Communication Skills - finding potential for growth**
- **Couples Dialogue - keeping it equally balanced**
- **Working with the Past - the good stuff and the not so good stuff**
- **Domestic Abuse**
- **Problem Solving**
- **Taking Responsibility and Forgiveness**
- **Unfinished Business and Endings**

This comprehensive training will be informative, interactive and experiential with plenty of opportunity to experience and practise the process of couple counselling in small groups.

Training Requirements for the Advanced Certificate in Couple Counselling

Attending 90% of course days (Minimum of 6 days)

Creating a professional couples counselling contract with appropriate boundaries

Written Essay assignment titled 'Reflection on Couple Counselling Learning' 2000 words

Training Facilitators:

Martin Chester: Dip Psychodynamic, MBACP (Accred)

Martin is an experienced therapist & clinical supervisor who specialises in working with adults and young people who present as being neurodivergent and with complex mental health. He has experience of working with couples from a diverse range of backgrounds.

Helen Boud Dip. Integrative counselling, BA (Hons), PGCE, MBACP (Accred)

Helen uses an Integrative therapeutic approach to her client work and is known for her unique way of working at relational depth with individuals and couples. She is also an experienced teacher and counselling tutor.

Dates: Seven Fridays 9.30am to 3.30pm

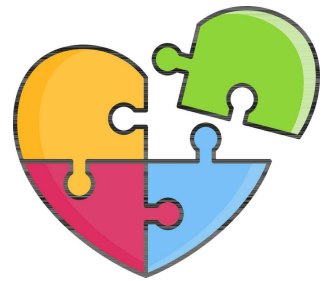
On: 11/9/26, 18/9/26, 2/10/26, 9/10/26, 16/10/26, 6/11/26, 13/11/26

Cost: £720.00 (Booking Form below)

Venue: LIFE-FORCE CENTRE, 3 East Hill, Colchester CO1 2QL

Step-by-Step Counselling Training
Helen Boud Integrative Counsellor (MBACP Accred)
helenboud@live.com and **07527 675224**

Advanced Certificate Couple Counselling



Booking Form

To secure your place on this training please fill in the form below and send the booking form by email or post.

Choose a payment option and make a payment by bank transfer (BACS) to:

Helen Boud

Sort Code: **60-83-71** (Starling Bank)

Account Number: **06666622** (Please use your initials as the payment reference)

I have paid £50 deposit by bank transfer & understand that the balance of £670 is due by 4th September 2026

I have paid £720 by bank transfer

I need an invoice to activate payment

NB. The £50 deposit once paid to reserve a place is non-refundable, unless the training is cancelled due to unforeseen circumstances.

Candidate's Name:

Contact Telephone:

Contact Email:

Organisation/Role:

Counselling/Professional Qualification & Year:.....

Any Additional Requirements:.....

Please email the completed booking form to Helen: helenboud@live.com

All personal details & information supplied on this form will be deleted appropriately by digital deletion and/or double cross shredding within thirty days of completing the training, and the information will not be used for any other purpose.

Please contact Helen if you have any questions on helenboud@live.com or 07527 675224

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