



## **Person-Centred Couples Training**

### **Information Sheet**

#### **The Trainers**

Allan Turner and Kate Stubbings are Person-Centred couple's counsellors. From our experience of this work over many years, we are confident of the success and value of working purely with the Person Centred Approach. We have developed an intensive training course which takes you from the very first contact made by the clients to the final session with them, using a variety of innovative, interesting and informative teaching methods.

#### **The Training Group**

Training group participants are experienced counsellors ranging from those who may have no experience of working with couples, through to counsellors who are already experienced practitioners. We expect participants to have completed a Diploma in counselling (or higher) and to have a few hundred hour experience with clients.

The following details are provided to give you information about the way the course is designed to help you understand the varied, often experiential teaching methods.

#### **First CD**

Participants will receive a CD before the course begins giving them details of the course programme. It also contains information and documents that should be printed prior to each day of the course for use on that day.

#### **Confidentiality**

The training group is assumed to be confidential. As with all counselling training, professional and personal experience can emerge in discussion as a result of course material. The value of the learning experience will be greatly diminished if the group cannot feel safe to talk freely.

#### **Check-in/Check-out**

Consistent with Person-Centred custom, we begin each day with a 30 minute period of unstructured time for you to use for reflection or to clear your own psychological space. We end the day with a similar 30 minute period.

#### **Group Discussion**

We discuss and explore many topics in the group. We also ask participants to do this in small groups and bring their thoughts and considerations back to the main group. Small groups typically consist of 3 or 4 people and meet for 30 to 45 minutes. Participants form their own groups and are not directed by the trainers.

## **Theory**

We work purely with Person-Centred theory which we believe to be necessary and sufficient. We interpret it in relation to couples rather than individuals and believe that we have not strayed from Carl Rogers' original hypothesis.

## **Role Play**

We believe that role play is a rich and valuable learning tool. We aim therefore to demonstrate many of the aspects of working with couples using prepared cases. We will require participants to offer to take on a role which they can develop for themselves. Our role plays are realistic and as such can be emotive but will give good examples for learning. There is opportunity too for participants to experience the role of counsellor which is the best and safest way to practice the work.

## **Recording**

We record the demonstrations and a number of the role plays. It is helpful to group discussion following role play to be able to replay material to explore and understand the couple counselling process.

## **Video/Power point presentation**

In addition to role play we cover some of the subjects relating to work with couples with a variety of visual methods, including film clips and power point presentation.

## **Personal Development**

Work with couples is about relationship and difficulties arising for a variety of reasons. Participants may find that their personal experiences are touched upon and therefore experience self awareness development as a result. To be self-aware is a benefit for working with couples in the same way as it is for working with individuals.

## **Participatory demonstration**

Our section relating to Asperger (which is disproportionately frequently present in couple work) is an emotionally realistic portrayal of a couples experience of living with Aspergers Syndrome.

## **Participation**

In order for you to get the best out of the course we would like you to feel able to participate as much as possible. Although we are the trainers, we are also part of the group. We are relaxed, approachable, sensitive, respectful, accepting and humorous too! Our aim is to help counsellors enhance and expand their practice. We need your help to help you!

## **Final CD**

Course participants receive a CD at the end of the course which contains course material and information which may assist you when the course is over. This also includes recordings of demonstrations and role plays, together with a book list. A group photo is taken on the last day and put on your disk as a memento for you.

We hope that you have found the above information useful in helping you decide whether to come on the course and hope that we can look forward to meeting you soon.

Allan & Kate