Centre for Counselling and Psychotherapy Education (CCPE)

Diploma in Transpersonal Couple Counselling & Psychotherapy

2018
Introduction
CCPE is offering a Diploma in Transpersonal Couple Counselling and Psychotherapy. It is aimed at therapists who hold an accredited diploma in Counselling, Psychotherapy or Counselling Psychology and are interested in working with couples from an integrative perspective within a transpersonal context.

Course Aims
This course provides an integrative training that addresses the main theories that inform couples work such as Psychodynamic, Systemic and Psychosexual approaches, delivered and integrated under the ‘umbrella’ of the Transpersonal perspective. This course also provides an opportunity to develop the skills that enable therapists to work creatively with couples facing the challenges of being in a relationship.

In particular the training offers:
A diploma course consisting of nine weekends from January to December 2018. A thorough understanding of a transpersonal approach to Couple Therapy. A thorough grounding in the main theories relevant to Couple Therapy as stated above. An understanding and practice of the skills necessary to manage the challenges of working with couples, from initial assessment through to endings. An opportunity for participants to gain a deeper understanding of their own relational patterns through experiential work and feedback. A possibility to work with couples at a low cost referred by our clinic at CCPE and other affiliated agencies, where available. An opportunity to practice the skills taught on the course through small group practice sessions. Supervision in small groups facilitated by one or both of the tutors.

Course Dates
27/28 January, 17/18 February, 17/18 March, 28/29 April, 19/20 May, 16/17 June, 22/23 September, 20/21 October, 3/4 November

All weekends run from 10am - 5pm with lunch, morning and afternoon tea breaks.
The first two weekends focus on the psychological and transpersonal function of relationship. Theories of Attraction, Attachment and a Systems approach will be introduced and explored in relation to the Transpersonal Self. At the end of these weekends participants will also have learned some of the basic skills necessary to begin working with couples.

Module 1: Alchemy of Relationships

Day One - Introduction to Couple Therapy.
Exploration of the Stages of Relationships. Attachment Styles in Relationships.

Day Two - An Introduction to Alchemy - a Transpersonal Model of Couple Therapy. Relationship as container for Psychological and Spiritual Growth.
Practicalities: assessment, history taking, contracting etc. Skills practice: Managing the first session and circular questioning.

Module 2: Systems and Developmental Theories

Day Three – Genograms
Introduction to and application of Genograms to couples work. Skills practice: using genograms with couples.

Day Four – Developmental Processes
Early Object Relations and its relevance to couples relationships. Symbiosis and the Individuation Process. Skills practice.

Weekends three and four will focus on the purpose and meaning of conflict in relationship and symptomatic problems such as infidelity, circular arguments, projective gridlock, violence and the contextual world of the couple in which these take place.

Module 3: Polarisation, Conflict and Crisis

Day Five – The Power Struggle
(1) As manifested through sex, affairs and violence in relationships. The Tension of Opposites and the Transcendent Function. Skills practice.

Day Six – The Power Struggle
(2) Working with conflict, confrontation and managing anger in Couples Therapy Skills practice/group supervision.
Module 4: Couples in Context

Day Seven – Difference and Diversity

Day Eight – Deeply Wounded Couples
An exploration of Psychopathology and Psychospiritual crisis in couple relationships, including assessment and onward referral. Skills Practice/group supervision.

Module 5: The Psychosexual Couple
This weekend explores the importance of sexual and psychosexual issues in couple relationships and the differences between Psychosexual Therapy, Couple Therapy, and Couple Therapy with a Sexual Focus. This weekend offers the Couple Therapist an opportunity to develop their skills and knowledge in working with psychosexual issues and knowing when to refer the couple to a specialist.

Day Eleven - An introduction to the broad spectrum of Sexual Dysfunction. Traditional Psychosexual Assessment and Treatment. Assessing the therapist’s and clients’ attitudes, beliefs and values.

Day twelve Understanding and facilitating Couple Therapy with a Sexual Focus. A transpersonal perspective on working with psychosexual issues. Integrating the transpersonal perspective with Couple Therapy with a Sexual Focus. (N.B. some of the material in this weekend is of an explicit nature).

Module 6: Observed Skills Practice
Days Nine and Ten – this weekend will focus on observed skills practice. Students will facilitate a live session with a ‘couple’ (role-played by fellow students) and receive written feedback from the tutors and peers.
Weekends seven, eight and nine focuses on final presentations of written work with feedback from peers and tutors. These weekends will also focus on deepening our knowledge and understanding of biology, neuropsychology and creative imagination as a therapeutic intervention in couple therapy.

**Module 7: Biology, Brain and Behaviour Day thirteen - Presentations**
Focuses on presentation of written projects and group supervision. Day fourteen – The Brain and Couple Relationships Overview of the interface between biology, neuropsychology and couple dynamics with skills practice.

**Module 8: The Creative Imagination**
Day fifteen – Presentations Will focus on presentation of written projects. Day sixteen – Creative Imagination in Couple Therapy Explores the uses of creative imagination and how the couple therapist can extend the repertoire of imaginative and creative exercises in the therapy room. Supervision and Skills practice.

**Module 9: Cycle of Life, Death and Re-birth in Relationships**
This weekend focuses on the Psychospiritual development of relationships through an Alchemical lens. It will address the concept of co-creation, loss and grief, deepening empathy and reviving passion. Day seventeen – Presentations Will focus on presentation of written projects. Day eighteen - An Overview of the Alchemical Process in Relationships Confronting the Shadow of the Relationship – Nigredo, Processing Loss and Grief – Mortificatio, Reviving the Spark – Solutio, Strengthening the Relationship – Coagulatio, Freeing the Soul of the Relationship – Coniunctio, and Managing Endings in Couple Therapy.

CCPE reserves the right to alter the content of the course without notice
Entry Requirements

- You must: Have an accredited Diploma in Counselling and/or Psychotherapy
- Have or be eligible for professional accreditation and/or registration with the BACP, UKCP, COSRT or BPS;
- Have a minimum of one year’s postgraduate supervised clinical experience in Individual, Couples, Family, Child, Psychosexual or Group Therapy;
- Have received or currently be in your own personal therapy;
- Be self-reflective and receptive to constructive feedback;
- Take active responsibility for your own learning;
- Have a keen interest in Transpersonal Psychology and its applications;
- Provide a reference from your supervisor supporting your clinical work and suitability for couples work.

Requirements for the Award of the Diploma in Couples Counselling

1. A minimum of 90% attendance is required *(N.B. Module six is mandatory)*. Any additional weekends missed, for any reason, must be made up with a catch-up weekend/or tutorials at the end of the year for which there will be an additional charge.
2. Regular supervision with a supervisor, qualified in couples work and supervision.
3. Evidence of your understanding of the taught theory, skills and their application to couples therapy, demonstrated in observed practice sessions throughout the year, presentations and written work.
5. Completion of 20 hours of supervised couples work to be completed within six months of the end of the course - (a letter from your couple therapy supervisor confirming completion of these hours will be required as evidence).
6. Submission of and presentation to peers and tutors, a case study based on your work with one couple who have received a minimum of eight or more continuous sessions of couples’ therapy with you. Alternatively, in the absence of the relevant number of hours of couples work, you may may present a project based on a choice of topics provided that are relevant to couples therapy.
7. Submission of a 2,500 word case history based on your work with one couple who have received a minimum of eight or more continuous sessions of couples therapy with you.

Course Fees: £2650 (including a non-refundable deposit of £200) 10% discount if booked before OCTOBER 31st 2017
"Through the mirror your partner holds up to you, you discover your wholeness and learn to give your gift to the world”

Paul Ferrini

Training Staff

All training staff are UKCP registered Psychotherapists and trained/qualified couples therapists


John O’Reilly: MA Integrative Psychotherapy; Adv. Dip. Transpersonal Psychotherapy. PG Dipls: Psychosynthesis Counselling & Psychotherapy; Psychosexual Therapy; Integrative Clinical Supervision. PG Certs: Integrative Couples Therapy; Supervision of Couple & Psychosexual Therapy; Supervision of Group Work; Short-Term Therapy; Dream Interpretation & Spiritual Guidance.

"Matters of the heart are always initiated by Spirit. When our relationships go wrong it is to Spirit we should turn in order to find out why we are with this person”

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CCPE Equal Opportunities Policy

CCPE promotes equal opportunities for students, clients and staff. CCPE is committed to a policy and practice where students’ admission to the course will be determined only by personal merit and performance. No applicant as a student or for a staff appointment will be treated less favourably than another on the grounds of gender, sexual orientation, race, ethnic or national origin, disability, religion or age. Similarly, the above statement applies to client practice for students and staff.

All content is correct at the time of publication but may be subject to change.
Centre for Counselling and Psychotherapy Education (CCPE)

Nearest tube: Warwick Avenue (Bakerloo Line) or Paddington

Directions from Warwick Avenue: Walk down Warwick Avenue towards Paddington, take the third right and then right again into Warwick Crescent.

For further details or to book an interview please contact:

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