



Introduction to Relationship Counselling

Developing Core Systemic Theory and Practice Skills

Introduction

You will be encouraged to look at patterns of relationships and behaviours – including your own – in a range of contexts to help you generate useful and relevant questions for intervening in problematic relationships.

The strength of the course is that it is practice focused. You will be engaged in “doing” in order that you further develop and build on the skills and knowledge you already hold.

This course is suitable for beginners to systemic ideas as well as practitioners who have been introduced to some of the core concepts and wish to develop their basic skills further.

Practice Skills

This is a 3 day course delivered over 12 weeks in which we:

1. Give you a strong theoretical foundation from which to understand and approach relationship counselling
2. Introduce you to basic systemic theoretical concepts and ideas;
3. Facilitate your development of techniques and skills to use when working with couples

Areas to be covered:

1. What is a systemic approach;
2. How systemic ideas help us understand change;
3. Setting the context for working together
4. Exploring dominant and marginalised stories
5. The power of family scripts
6. Developing questioning and listening skills

A minimal amount of reading will be required. Participants will be encouraged to keep a portfolio of their learning. A Certificate of Attendance will be provided on completion of the course.

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Length of Course: 3 days (21 hours) – delivered over 12 weeks. Please contact us for the next scheduled start date.

Cost: £650. This may be paid in two installments.

How To Apply: Please download and complete the application form from the website and email to admin@chirontraining.org or post to the address listed below.

If you would like to discuss any aspects of the course before applying please contact Dr. Sharon Bond on (020) 8257 7915 or email at admin@chirontraining.org.