**SPTI Diploma:**

**An Integrative Approach to Couples Therapy**

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**Course Leader: Deborah Blagden**

8 two-day workshops:

**Oct 2022 – June 2023**

(Saturdays 9.30 am - 5.00 pm and Sundays 9.30 am - 4.30 pm)

The SPTI Diploma will be in depth CPD training over 8 weekend workshops running from Oct 2022 to June 2023. The course will explore working therapeutically with couples incorporating a variety of different therapeutic approaches within the couples framework.

**Venues:** *Museum of Making*, Silk Mill Lane, Derby, DE1 3AF & *Museum and Art Gallery*, 1 The Strand, Derby, DE1 1BS.

**To book your place, please contact:**

**Collette Colver,** *Graduate Officer*,

**SPTI: The Sherwood Psychotherapy Training Institute**

Thiskney House, 2 St James Terrace, Nottingham, NG1 6FW,

tel**:** 0115 924 3994 email: [collette.colver@spti.net](mailto:collette.colver@spti.net)

website: [www.spti.net](http://www.spti.net/)/courses/dict

**Course Leader:** **Deborah Blagden**

Deborah is a UKCP Registered Clinical Psychotherapist, Supervisor and Trainer as well as a BACP member. She holds a MSc. in Transactional Analysis Psychotherapy and is a Certified Transactional Analyst, undertaking her Masters at the Metanoia Institute London in the mid 1990’s. Over the last 20 years she has also trained as an EMDR practitioner, Developmental Couple Therapist and completed a Diploma in Clinical Supervision. She is endorsed by the European Association of Transactional Analysts as a (provisional) Teaching and Supervising Transactional Analyst. She has worked in a variety of therapeutic settings, including the NHS and for the last 31 years in a Forensic setting facilitating therapeutic groups. She also manages a private psychotherapy practice in Derbyshire, working with individuals and couples and runs a long- term private psychotherapy group. Her interest in couple work goes back 30 plus years having extensive experience in this area. Her original training in couple therapy was during her MSC in Transactional Analysis. Apart from many CPD events in this area she has more recently completed extensive training in a Developmental Model of Couple Therapy.

### Who is the course for?

Counsellors and Psychotherapists with a qualification/training at level 6 (or level 5 with extensive clinical experience).

### How will I be taught?

The workshops will be taught both didactically and experientially using case studies, small group and role play. Trainees will be invited to use their own experience of being in a couple to develop and integrate the theory and models being taught. Each workshop will be led by two facilitators and supported overall by a team of experienced tutors and administrative staff. You will be provided with academic articles and have access to our well stocked library at Thiskney House, Nottingham to support your learning.

### Workshop description and topics covered:

This SPTI Diploma, taught at level 7, will look at contemporary themes in working therapeutically with couples from an Integrative perspective, including but not limited to:

* Assessment
* Diagnosis, including Personality Adaptation
* Contracting
* Models of couple-hood - developmental model/object relations/attachment theory/Transactional Analysis
* Script in couple-hood – why we choose our partners
* Transactions and games in the therapy room
* Emotional literacy and problem solving
* Transference and countertransference in the therapy room
* The role of the therapist and therapeutic interventions
* Couple therapy with a sexual focus
* Risk, Safeguarding and domestic abuse
* Working with same-sex couples
* Working with infidelity and forgiveness
* Neuroscience and couple therapy
* Working with endings
* Private Practice, Ethics and Supervision

**About the Diploma**

The **SPTI Diploma: An Integrative Approach to Couples Therapy** is designed for people who usually work one to one, and want to work with couples, or those who are doing some work with couples and would like to update their knowledge and develop their skills. Working with couples is very different to working with an individual and not just because there are three people in the room. Psychotherapy with couples requires specific knowledge and skills rather than those applicable to general therapeutic work. On this course we aim to build on your existing psychotherapy and counselling skills and to widen these to include a range of theoretical approaches and systemic skills. The course is designed to support you in building on, enhancing and honing your practice when working with couples. Our intention is to enable participants to work with confidence, ethically and at a deep level, incorporating a variety of psychotherapeutic models within the couple framework.

Included in your fees for the course will be training and a personal copy of **V. Joines Personality Adaptation Assessment tool (JPAQ)** and training in its use. This is a valuable diagnostic tool used to assess six main personality types. Knowing the adaptations, you will be able to support your clients to become aware of their strengths, possible pitfalls and areas for growth. You will be taught how to use the model to support you in treatment planning, your interventions and to enhance contact in the couple relationship.

**Assessment**

* An in-depth case study of a couple of 4000 words which is submitted within 12 months of completing the course or;
* Viva with a 10-minute tape recording
* Attendance of no less than 85% is required (14 days)
* Course Leader and Tutor feedback
* Peer and self-assessment

**Training dates:**

* + Workshop 1 22/23 Oct 2022 Derby – Library (The Strand)
  + Workshop 2 26/27 Nov 2022 Derby – Silk Mill Lane
  + Workshop 3 21/22 Jan 2023 Derby – Silk Mill Lane
  + Workshop 4 25/26 Feb 2023 Derby – Library (The Strand)
  + Workshop 5 1/2 April 2023 Derby – Silk Mill Lane
  + Workshop 6 29/30 April 2023 Derby – Silk Mill Lane
  + Workshop 7 27/28 May 2023 Derby – Silk Mill Lane
  + Workshop 8 17/18 June 2023 Derby – Library (The Strand)

**Course Fee: £2,130** Non-Member; **£1,980** SPTI Members.

**Fee includes** refreshments (coffee, tea and water) and a personal copy of JPAQ.

A deposit of £300 is required to secure your place on this course. The outstanding fee may then be paid in full or as four instalments.

# **SPTI Diploma: An Integrative Approach to Couples Therapy**

**Your Personal Information**

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| *Name* |  | | |
| *Address* |  | | |
| *Postcode* |  | *date of birth* |  |
| *Where did you hear about the event* |  | | |
| *Home Telephone* |  | *mobile no.* |  |
| *Email Address* |  | | |
| *Any dietary requirements* |  | | |
| *Any access requirements e.g. Mobility issues, pre-issue of materials, coloured paper printing etc* |  | | |
| *Any Relevant Education/  Training* |  | | |

***Fees:*** *Please make* ***cheques*** *payable to* ***SC&P****. Please state your full name as payment reference.*

***Bank transfers*** *can be made to* ***NATWEST****, 134 Front St, Arnold, Nottingham.*

*Sort code:* ***54-21-51*** *Account Number:* ***30516935***

*Please note that places are allocated on a first come, first served basis and* ***a deposit of £300 must be paid at the time of submitting the booking form****. In case of withdrawal two weeks or more prior to the course commencement, a full refund will be made (minus an administration fee of* ***£20****). If withdrawal is made subsequently, students will be liable for the* ***full amount****.*

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| **Please indicate (tick 🗹) your fee rate and method of Payment** | | | | | |
| **Non- Member (8 workshops at £270 each) £2,130** |  | **SPTI Graduate / Member (8 workshops at £240 each)**  **£1,980** | | |  |
| **I enclose a Cheque** |  | **I made a bank transfer (BACS)** |  | **Please invoice my employer** |  |

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| **Communication and Marketing** | |
| We may send you marketing information about future SPTI courses, programmes and events. These may be similar or related to those on to which you are enrolling pursuant to this application and will be sent via email. For example, this may include dates for similar or future courses or information regarding other training and progression opportunities. | |
| If you agree to be contacted in this way, please 🗹 the box: **I agree to be contacted by Email** ❒ | |
| **By signing below, I confirm that I agree to the terms and conditions of payment and have read and understood the SPTI privacy notice** <http://spti.net/institute/privacynotice.shtml> | |
| **Signed:** |  |

*We respect your privacy and are committed to protecting your personal data. Our privacy notice is available on our website at* <http://www.spti.net/privacynotice/>.  *Our privacy notice informs you how we look after your personal data when you ask us to send you information, when you apply to join us, when you use our website, while you are a current student and after you leave us and become one of our graduate members. Our privacy notice also tells you about your privacy rights and how the law protects you. Please make sure you take the time to read and understand our privacy notice.*