



SPTI Diploma: An Integrative Approach to Couples Therapy

The SPTI Diploma is an in depth CPD training over 8 weekend workshops running from March to November 2024. The course explores working therapeutically with couples incorporating a variety of different therapeutic approaches within the couple's framework. This long CPD course 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 delegates' 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.

Your course fee includes a personal copy of a core text by Vann Joines. Using this text and knowing the 6 personality adaptations, you will be able to support your clients to become aware of their strengths, possible pitfalls, and areas for growth. Students are taught how to use the model to support you in treatment planning, your interventions, and to enhance contact in the couple relationship.

Training Dates:

- Workshop 1: 2nd & 3rd March 2024
- Workshop 2: 13th & 14th April 2024
- Workshop 3: 18th & 19th May 2024
- Workshop 4: 1st & 2nd June 2024
- Workshop 5: 27th & 28th July 2024
- Workshop 6: 7th & 8th September 2024
- Workshop 7: 5th & 6th October 2024
- Workshop 8: 2nd & 3rd November 2024





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Our Teaching team



Course Leader: Deborah Blagden

Deborah Blagden 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 training 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 26 years in a Forensic setting facilitating therapeutic groups. She also manages a private psychotherapy practice in Derbyshire, working with individuals, couples, and groups.

Tutor: Rosemary Langford-Bellaby

Rosemary has extensive training and experience as a psychotherapist, supervisor trainer and consultant. Rosemary has trained in both Gestalt Psychotherapy and Integrative Psychotherapy and has completed additional elements of training in Psychodynamic Psychotherapy, Transactional Analysis, Behavioural Therapy and Client-Centred Counselling. She is accredited with the UKCP and runs a private practice working with individuals, couples, and groups. As part of her work Rosemary has had first-hand experience in the field of Trauma having worked in Israel and Croatia with trauma sufferers and survivors. Rosemary also runs the one-year CPD SPTI Certificate training in: A Relational Approach to the Treatment of Trauma.



Tutor: Sezal Jones

Sezal is a UKCP registered psychotherapist who currently works part time for a national charity providing couples and individual therapy and provides an IAPT contracted service for couples where depression is an underlying factor in their relational distress. Sezal has her own private practice where her special interest is working with clients experiencing sexual compulsivity with or without the consequences of illegal activity. Sezal also works as a sessional practitioner for a children's charity dedicated to the prevention of child sexual abuse. Training is an area where Sezal has extensive expertise having delivered a variety of training packages to staff and senior managers in multi-disciplinary contexts extensively for more than 5 years in both forensic and third sector settings. In her previous employment prior to training as a psychotherapist, for over 10 years Sezal facilitated therapeutic groups in a forensic setting.



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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 Castle Quay, 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

Assessment:

- An in-depth case study of a couple of 4,000 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



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Student **Linda Lawler** reflects on how the Diploma has supported her therapeutic work with couples:

What is your therapeutic background?

I completed my training with SPTI In 2019 graduating with an *MSc Integrative Psychotherapy*. Since qualifying I have worked as a Practice Therapist and Case Manager for Rutland House Counselling and Psychotherapy alongside building my private practice in Leicester.



What drew you to consider working with couples?

My interest in working with couples developed through my work with individual clients who reported relationship difficulties. I was curious about and how their partner experienced them in relationship, what was co-created in the dynamic between them. I was hence excited to hear about the SPTI Diploma in Couples Therapy and enrolled straight away in 2019. I read widely around the subject from a draft reading list and found a supervisor for couples' work. I was raring to go then the pandemic delayed the start of the course by 12 months. With the encouragement of my Supervisor, I began working with couples online due to the lockdown. My reading around the subject was good preparation in particular, adapting homework exercise, but it was challenging in terms of confidence.





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Do you now feel more equipped to work therapeutically with couples?

Completing the *SPTI Diploma: Integrative Approach to Couples Therapy* has increased my confidence from the first workshop. It was helpful to consider my own frame of reference to check bias and how that might impact on my work with couples. It has helped me to occupy a third position in the room rather than get hooked into the narrative. Instead, I listen for their individual process and how their co-created system works as a couple.

What most surprised you about the training?

The breadth of the integration of theories presented from Objects Relations, Self-Psychology, Transactional Analysis, Emotional Focused Therapy to Behavioural Approaches. I have deepened my knowledge of developmental theories and now have a working understanding on Personality Adaptions and how these play out in our adult relationships.

What did you most enjoy about the training?

The trainer's wealth of experience and knowledge and their sharing of real case examples to illustrate theory. Throughout there was a good mix of theory and discussion within small and large groups.

What do you believe is the benefit of a specialised training in this area of work?

Couples work is challenging, and the responsibility feels great. It is therefore really important to manage their counter transference to ensure empathic communication is maintained and modelled.





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Our training venue: 2 Castle Quay, Castle Boulevard, Nottingham, NG7 1FW



Our venue for the training is a warm and creative environment right in the centre of Nottingham. The meeting rooms have been designed with all the facilities needed for a comfortable training workshop.

The rooms at SPTI come complete with access to a kitchen space, break-out areas, high-spec AV, and views of the canal.

Coffee/tea making facilities and water machines are available and students are also able to purchase food and additional refreshments from local shops, restaurants, and cafés just a short walk over the canal.

Apply Now!

The *SPTI Diploma: An Integrative Approach to Couples Therapy* is now open to applications for **March 2024**.

For more information, please contact:

Collette Colver via: collette.colver@spti.net Or visit the website: www.spti.net/courses/DICT