



Sherwood Psychotherapy Training Institute

SPTI Diploma: An Integrative Approach to Couples Therapy



Course Leader:
Deborah Blagden



Tutor: **Rosemary
Langford-Bellaby**

The SPTI Diploma is an in depth CPD training over 8 weekend workshops running from October to June. 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.

Included in the course fee is 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. Students are taught how to use the model to support you in treatment planning, your interventions and to enhance contact in the couple relationship.





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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





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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.

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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A stunning training **venue**: The Silk Mill Derby, Silk Mill Lane, Derby, DE1 3AF



Our venue for this training is the Silk Mill, part of the Museum of Making, a warm and creative environment right in the centre of Derby.

The meeting rooms have been designed with all the facilities needed for a comfortable training workshop.

Perfect for training sessions and thought-provoking group sessions, these rooms come complete with bean-to-cup coffee facilities, high-spec AV, video conferencing and beautiful views of the river.

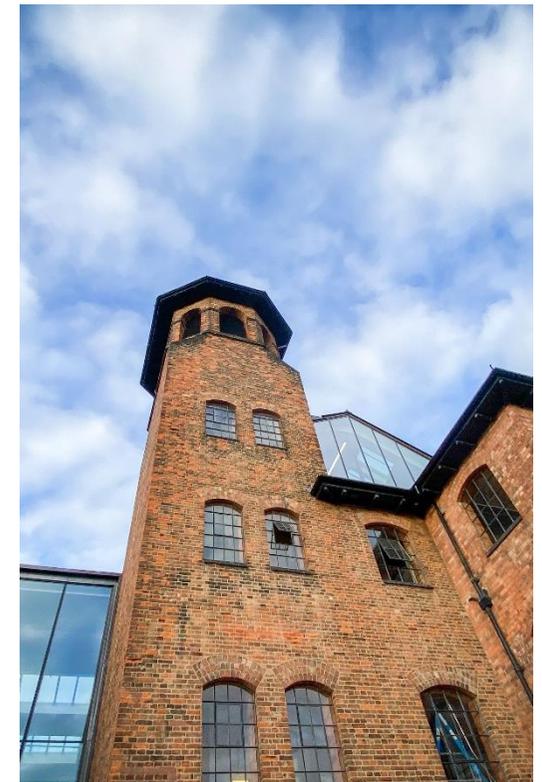
Students are also able to purchase food and additional refreshments from a locally sourced, on-site café and restaurant: The River Kitchen.

More information: <https://www.derbymuseums.org/museum-of-making/visit/>

<https://www.derbymuseums.org/museum-of-making/venue-hire/the-loom-and-river-room/>

The ***SPTI Diploma: An Integrative Approach to Couples Therapy*** is now open to applications for October 2022.

For more information, please contact **Collette Colver** via: collette.colver@spti.net Or visit: www.spti.net/courses/DICT



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