

EDUCATION & LEARNING

CPD Training for Professionals, by Professionals **2012**

Courses for experienced counsellors and Second year Diploma Students

	Course	Trainer	Description	Date
JANUARY	THERAPEUTIC WRITING FOR COUNSELLORS & WRITERS	<i>John Woolner & Barbara Bloomfield</i>	A joint workshop between creative writers and Relate counsellors. What can poetry and fiction teach us about the human condition? How can writing creatively promote health, resilience and joy? How can counsellors help writers to understand their characters' problems? An uplifting event for all those who love books, poetry, people and creativity!	Fri 20th Jan
				Booking Ref: Reltran 812
FEBRUARY	BOARDING SCHOOL AND ITS IMPACT	<i>Paul Welcomme</i>	<p>By the end of this course you will be able to:- Define and understand the dynamics underlying Boarding school Syndrome; Have more understanding about how it can affect adult relationships, children's well-being and development; Use knowledge learned to help support clients affected by Boarding school Syndrome.</p> <p>The course will consider the following;</p> <ul style="list-style-type: none"> o Boarding school – the last legal form of 'child abuse'? o Boarding school history then and now o Understanding attachment issues o Boarding school syndrome o Affect on children, on adults, and on couple relationships o Reflection and issues for practice 	Sat 25 th Feb
				Booking Ref: Reltran 912
MARCH	JOINED UP FAMILIES	<i>John Woolner</i>	This course aims to understand dominant discourses and beliefs about 'joined up' or 'step' families. You will be encouraged to take a reflexive stance to your personal and professional experiences. You will explore difficulties that frequently emerge in joined up families, considering the needs of children, parents, and extended family. The course makes use of an experiential exercise, and considers helpful interventions.	Sat 10 th March
				Booking Ref: Reltran 1012
APRIL	COUPLES & AFFAIRS	<i>Anne Roberts</i>	This workshop is an interactive exploration of couple dynamics during couple and individual counselling after the revelation or discovery of an affair. It will be suitable for counsellors wanting to explore and extend insights into theoretical approaches and therapeutic strategies for helping couples progress through the emotional trauma and conflict arising from the affair.	Fri 27 th April
				Booking Ref: Reltran 1112



	Course	Trainer	Description	Date
MAY	GETTING STUCK	<i>Dinah Mears</i>	Exploring the counselling impasse... How does getting stuck affect you as a practitioner? How do you respond in the counselling room? What are the meanings attached to being stuck, by clients and practitioners? What do different theoretical models offer? How do other practitioners deal with it? Are there techniques that can dissolve stuck-ness? The course will explore: <ul style="list-style-type: none"> • briefly revisiting key theories • reflexive thinking, discussion in pairs • case studies, skills practice • using techniques which may help It is expected that all participants will take part in skills practice.	Fri 11 th May
				Booking Ref: Reltran 1212
JUNE	WORKING SYSTEMICALLY	<i>Mo Theodosius</i>	This workshop will explore a basic understanding of systemic theory/practice, pooling the knowledge in the room, and will include brief consideration of how a systemic approach might differ from other modalities. The group will then explore, in a workshop environment, some practical approaches for applying systemic understandings in a therapeutic context, and will include consideration of some core systemic techniques such as hypothesising, questioning, enactment and so on. There will be ample opportunity for skills practice.	Fri 15 th June
				Booking Ref: Reltran 1312
JULY	COUPLES & DEPRESSION	<i>John Woolner</i>	This course aims to understand dominant discourses and beliefs about depression. Participants are encouraged to take a reflexive stance to their personal and professional experiences. It seeks to explore what individual factors may contribute to an individual experiencing depression; relationship dynamics that may contribute to the maintenance of depressive thoughts and feelings; and what interventions may be effective with couples in helping them change their interactions to more positive and supportive ones	Sat 7 th July
				Booking Ref: Reltran 1412

£70.00 per course (6 hours)

10% discount if booking 2 courses.
15% discount if booking 3 or more.

For further information or to book onto one of the above courses, please request a booking form by calling Relate Exeter & District on **01392 678499** or by emailing reception@exrelate.org.uk quoting the above booking ref.

- Please note: we require payment on booking.
- Participants will receive an attendance certificate from Relate Exeter & District upon completion
- All courses take place in our training room on the third floor of Verney House, Sidwell Street, Exeter EX4 6RY (Disabled access is available via a lift)
- Refreshments are provided throughout the day. Lunch is not provided.
- All Relate Trainers are also practising counsellors/therapists and bring a high level of relationship and therapeutic insight and experience to their training work.
- If you are interested in one of these courses, but unable to make the date, please contact us: alternative dates may become available.
- Further details of all our courses and other Relate services can be found on our website: www.relateexeteranddistrict.co.uk

