



## **POST-QUALIFYING CERTIFICATE IN PSYCHODYNAMIC WORK WITH COUPLES** **January – September**

### **INTRODUCTION**

The Post-Qualifying Certificate in Psychodynamic Work with Couples is a part-time course which takes place one Saturday each month, excluding August, from January until September. The Certificate is a post-qualification training for qualified psychodynamic counsellors and psychotherapists.

### **COURSE OBJECTIVES**

The course focuses on three specific areas:

- The Psychodynamic and psychoanalytic theories of working with couples – through lectures, case studies and film clips/videos
- Skills practice in working psychodynamically with couples through role plays and case studies
- Self-awareness and personal development

### **COURSE STRUCTURE AND TIMETABLE**

The Certificate runs for eight months, one Saturday a month, 10am – 4pm, from January until September. The course does **not** take place during August. The Certificate is an in-person training which takes place at Highgate Counselling Centre.

### **COURSE CONTENT**

#### **Psychodynamic understanding of the couple relationship**

- A couple state of mind
- Unconscious couple choice
- Shared unconscious phantasies and shared defence
- The couple projective identification and the projective system

### **The couple in therapy**

- Assessment
- Establishing the analytic frame
- Working with three in the room
- Couples in conflict
- Working with transference and countertransference

### **Intersectionality & Power Dynamics**

- Race
- Class
- Sexuality
- Gender

### **Presenting Couple Problems**

- Anger and aggression between couples
- Lack of desire
- Affairs
- Facing illness

### **Developmental stages**

- Going from two to three; when couples become parents.
- Older couples
- Midlife crisis
- Divorce and Separation

If you have any queries, please email or call us on 020 8883 5427

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