



POST-QUALIFYING CERTIFICATE IN PSYCHODYNAMIC WORK WITH COUPLES For Individual Psychodynamic Counsellors

Aims and Objectives

Aims

- To provide a Certificate in Working psychodynamically with Couples for Individual Psychodynamic Counsellors
- To provide an understanding of the psychodynamic and psychoanalytic theories underpinning work with couples.
- To provide an understanding of the unconscious dynamics created between the couple.
- To provide an understanding of the range of skills required to work with couples with a psychodynamic approach and the opportunities to practise these skills.
- To be aware of the impact of issues of difference and diversity when working as a couple therapist.
- To provide a safe learning space for personal exploration and development.

Objectives

- To explore some of the key theories informing psychodynamic work with couples.
- To develop an understanding of working with couple relationships and how this is different to working with individuals.
- To develop an understanding of the core concepts underpinning psychodynamic couple theory.
- To develop an understanding of the different development stages in couple relationships.
- To explore issues of diversity and working with difference.
- To understand and develop the skills required for working with the couple relationship through structured role plays.