

Working Therapeutically with Couples

– psychoanalytic approaches –



23 January 2009 – 27 November 2009

**A new 10 session course on developing psychoanalytic
understanding of couple relationships**

SIHR

The Scottish Institute of Human Relations

- understanding people -

Working Therapeutically with Couples

- psychoanalytic approaches -

Overview

Using as its starting point the common problems couples bring, this new course aims to develop practitioners' psychodynamic and psychoanalytic understanding of complexities in couple relationships and to apply this understanding to working therapeutically.

Course Content

This is a 75 hour course comprising both formal teaching and self-directed learning. The formal teaching of the course constitutes 35 hours and takes place in 10 sessions at monthly intervals. The time span of the course will allow participants an extended opportunity to reflect on concurrent clinical practice. Each session of 3½ hours includes a theory seminar, a clinical presentation session and a journal and literature review. In addition to this participants are expected to set aside 4 hours in advance of each session for reading and preparation of work material for seminars and presentations. A reading list and reading material will be provided to assist with individual study. Participants will be encouraged to reflect on the use of self in therapeutic work with couples through the keeping of a learning log. A certificate of completion will be awarded to eligible participants.

Seminar Leaders

Molly Ludlam is a psychoanalytic psychotherapist, working with individuals and couples. An Associate Member of the Society for Couple Psychoanalytic Psychotherapists, her recent publications include "Couple Attachments: Theoretical and Clinical Studies" (2007) co-edited with Viveka Nyberg.

Audrey Neill is a psychoanalytic psychotherapist and a couple counsellor. She currently works in private practice with individuals and couples.

Aims and Objectives

- To integrate participants' existing knowledge and skills base with psychoanalytic approaches to thinking about couple relationships
- To enhance participants' confidence in engaging therapeutically with couples

Learning Outcomes

On completion of this course participants will have developed an enhanced understanding of

- psychodynamic and psychoanalytic concepts of couple relationships
- couple relationships from a developmental perspective
- recent contributions to writing about couple relationships from academic, psychotherapeutic and literary sources

In addition they will be able

- to integrate understanding of psychoanalytic and psychodynamic practice with couples with evidence from research findings.
- to develop techniques in the assessment of couples' relationship difficulties
- to apply theoretical understanding of couple relationships to the choice of therapeutic interventions with couples.

Membership

The course is aimed at qualified and experienced practitioners with an interest in psychoanalytic and psychodynamic approaches. Applicants should be in clinical practice as adult or child and

adolescent psychotherapists, or as individual and / or couple counsellors, or as family therapists or as practitioners working with children, young people and their families. If you are uncertain that you meet this criteria, but would like to attend, the course tutors would be happy to meet to discuss your application with you.

Costs

The course cost is £475.00 (SIHR members and students) / £600.00 (non SIHR members). In some circumstances, an arrangement can be made to pay by agreed installments. Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course. In the event of the applicant cancelling prior to the start date, a £50 administration charge will be levied.

Venue, Dates and Times

SIHR, 172 Leith Walk, Edinburgh EH6 5EA

12.30pm – 4.00pm on 10 Fridays from January – November 2009:

23 January, 20 February, 20 March, 24 April, 15 May, 19 June, 28 August, 25 September, 30 October and 27 November 2009.

Applications

Completed application forms should be returned by **26 November 2008** and submitted to:

Molly Ludlam / Audrey Neill
Working Therapeutically with Couples Course
SIHR
172 Leith Walk
Edinburgh EH6 5EA

APPLICATION FORM

Working Therapeutically with Couples - 23 January – 27 November 2009

NAME	
ADDRESS	
Email	
Contact Tel. No.	

What counselling/psychotherapy training have you undertaken?

What is your current clinical experience?

Please summarise previous relevant work experience

Reasons for Applying for this Course

Invoicing Details (if different from overleaf):

NAME	
ADDRESS	
Tel. No.	

Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

Applicant Signature:

Date:

This form should be returned by 26 November 2008 to:

Molly Ludlam / Audrey Neill
Working Therapeutically with Couples Course
SIHR
172 Leith Walk
Edinburgh EH6 5EA

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

Course Outline

- 1. What is different about working with a couple?**
Mapping the couple relationship:
An overview in terms of sociological and developmental issues – from infancy to old age
Defining Psychoanalytic, psychodynamic and Systemic perspectives
What does it mean to work with ‘a couple state of mind’? **(23 January)**
- 2. “Should we get married?”: Romantic love**
The first dyad; narcissistic object relating; object choice **(20 February)**
- 3. “We can’t agree about whether to have a baby”: The couple as parents**
Developmental couple and parental couple tasks;
Perinatal anxiety and depression; the creative couple **(20 March)**
- 4. “There’s been an affair”: Oedipal issues**
Defining oedipal conflict; Threesomes; affairs, birth of first child **(24 April)**
- 5. “We used to be close – now we can’t communicate”: Intrusion and intimacy and defences against**
Sexual relating **(15 May)**
- 6. “We fight all the time”: Continuing focus on defences against intimacy**
Sado-masochistic relating; power and violence; perversions **(19 June)**
- 7. “We’d been together for what seems like a lifetime and now everything’s changed”: Trauma and loss**
Assessing the impact of change - physical and mental illness, major life stresses, the empty nest, death; the couple relationship as container **(28 August)**
- 8. “I can’t forgive what’s happened”: Grievance, guilt, shame and reparation**
The stuck couple **(25 September)**
- 9. “If only we could find a way of staying friends”: Separation, divorce, old age and endings**
Dependence and autonomy, loss and mourning **(30 October)**
- 10. “We wish we could start all over again....” Or “In our end is our beginning”: Looking again at assessment**
The couple 'fit'; using countertransference; Are they a couple? Can they make a marriage? **(27 November)**



The Scottish Institute of Human Relations
- *understanding people* -



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource which provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

Why choose SIHR?

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

The Scottish Institute of Human Relations

172 Leith Walk
Edinburgh
EH6 5EA

5 La Belle Place
Glasgow
G3 7LH

Tel: 0131 454 3240
Fax 0131 454 3241
edinburgh@sahr.org.uk

0141 332 0011
0141 332 3999
glasgow@sahr.org.uk

www.sahr.org.uk

SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

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