

Foundation for Counselling and Relationship Studies

CPD Programme



University Centre
Doncaster

Introduction

The FCRS is an exciting new department in University Centre Doncaster. Building on the Foundation staff's relationship expertise, we offer students the chance to study on contemporary courses, from one day workshops to a Postgraduate Diploma in Psychosexual Therapy.

Below is a list of the courses we offer:

- >> Postgraduate Diploma Psychosexual Therapy
- >> MA in Contemporary Relationship Studies
- >> CPD Programme
 - Trans*Awareness: Observations for Clinical Practice
 - Understanding and Recognising Shame
 - Making the Most of Genograms and Systemic Questions (Workshop)
 - A Systemic Model of Practice
 - Working with Perpetrators of Domestic Violence and Abuse
 - Solution Focused Therapy
 - Unresolved Grief and Trauma
 - Freeing Intimacy from Stuckness in Psychosexual Therapy (Workshop)
 - Hurting Hearts: Working with Angry Couples

Study days for our CPD courses will take place at University Centre Doncaster at their High Melton Campus, unless otherwise stated. Please see details of each workshop within this booklet. Each workshop costs £95 per person.

NB: The course costs are non-refundable.

Join us for our first FCRS Conference
Saturday 6th May 2017

CPD Programme

Course Information

Understanding and Recognising Shame

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**26th
January
2017**

Shame ultimately underpins most presenting problems, yet both we and our clients find it difficult or impossible to face. Knowing how they — and we — manage shame can help to unlock approaches to change and develop strategies for coping with its effects. This study day includes:

- >> Definitions of shame and why it is so important
- >> The origins of shame
- >> Recognising shame in the counselling room
- >> Shame in relationships
- >> Therapeutic interventions and management of shame
- >> Self-care

Making the Most of Genograms and Systemic Questions (Workshop)

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**27th
January
2017**

Gain a better understanding about the purpose and wide range of uses for these systemic interventions, with opportunities to practise and make the skills work for you in your particular therapeutic context.

Trans*Awareness: Observations for Clinical Practice

Trainer:

Jess MacIntyre

10th
February
2017

Tools to support Trans* Service Users

- >> Understanding terminology
- >> Gender beyond a binary
- >> Equality Act & gender Recognition Act
- >> Gendernormativity – what is it and why does it matter?
- >> Mental Health: Risk and Vulnerability
- >> Good practice for providing safe spaces for Trans*service users



A Systemic Model of Practice

Trainer: Hugh Palmer

4th
March
2017

This workshop will share Hugh Palmer's 'Fourfold Vision' model of practice that is based upon the principles that humanist, scientist, artist and theoretician are all needed to form a unity of healing.

This approach has been recently published in Imelda McCarthy & Gail Simon's book, Systemic Therapy as Transformative Practice, and this workshop will provide opportunities to explore Hugh's model with him.

Working with Perpetrators of Domestic Violence and Abuse

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**24th
March
2017**

There is little therapeutic support for perpetrators of domestic abuse, with most counselling organisations and therapists fearful of making matters worse. Yet lack of training leaves therapists vulnerable to working unknowingly with this group – who consequently find it hard to get help when they want to change. This training will enable you to:

- >> Understand the aetiology of abuse
- >> Learn how to assess clients
- >> Use evidence-based interventions safely
- >> Consider self-care and competency

Relational Risk Taking and the Therapeutic Relationship

Trainer:

Barry Mason

**7th
April
2017**

Relational risk-taking is the taking of emotional initiatives in relationships. He is of the opinion that many clients often come for help when their ability to take relational risks is significantly missing - in a state of disconnected intimacy. One of the central tasks is to help see if they can re-embrace intimacy through being helped to take more relational risks in their relationships.

- >> Developing practice skills
- >> Links to theoretical ideas and the use of self
- >> Become better at taking relational risks within the therapeutic relationship
- >> Help others become better at taking relational risks

Solution Focused Therapy

Solution focused therapy (SFT) has not only become one of the leading schools of brief therapy, it has become a major influence in such diverse fields as business, social policy, education, and criminal justice services, child welfare, domestic violence offenders treatment.

Described as a practical, goal-driven model, a hallmark of SFT is its emphasis on clear, concise, realistic goal negotiations. The SFT approach assumes that all clients have some knowledge of what would make their life better, even though they may need some (at times, considerable) help describing the details of their better life and that everyone who seeks help already possesses at least the minimal skills necessary to create solutions.

Trainer: Hugh Palmer

**29th
April
2017**

Aim: This one day workshop will equip participants with the skills and knowledge to work in a solution focused way, including goal setting, the use of scaling techniques and of course, miracle questions.

Unconscious Processes in Supervision

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**5th
May
2017**

Unconscious processes are at least as relevant in supervision as they are in counselling, offering considerable insight in what's going on for your clients, your supervisee -- and yourself.

Understand and recognise unconscious processes:

- >> Transference and countertransference
- >> Parallel process and projective identification
- >> Spotting unconscious processes and how to work productively with them

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Working Confidently with Sexual and Gender Diversity

Tools to support LGBT and Clients

- >> Understanding terminology
- >> Equality Act & legal positioning
- >> Gender/Heteronormativity – what is it and why does it matter?
- >> Identity and pathology: observations for clinical practice
- >> Mental Health: Risk and Vulnerability
- >> Avoiding ‘foot in mouth’ – cultural competency
- >> Good practice for providing safe spaces for LGBT & service users

Trainer:

Jess MacIntyre

19th
May
2017



Unresolved Grief and Trauma

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

30th
November
2017

The pain of attachment injuries, chronic and acute trauma can stay alive indefinitely, causing and exacerbating depression, anxiety and relationship problems. This study day will cover:

- >> Definitions of trauma and its presentation
- >> Types of trauma
- >> The effects of trauma and grief
- >> Recognising PTSD and when to refer
- >> Therapeutic interventions
- >> Self-care and competency

*These workshops will take place in
London at Birkbeck, University of London (Bloomsbury Campus)*

Freeing Intimacy from Stuckness in Psychosexual Therapy

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**17th
February
2017**

With avoidance of intimacy arguably the biggest block to progress in PST, this workshop will help you understand couples' fear and arm you with practical strategies to overcome it.

Hurting Hearts: Working with Angry Couples

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**7th
June
2017**

Anger often seems to be a more acceptable emotion than pain or vulnerability for many people, even when this is what underlies the terrible discord some couples experience.

- >> Manage conflict and calm the couple
- >> Explore less damaging ways of being together
- >> Strategies to help you make that work

Understanding Sexual Addiction

Trainer:

Cate Campbell (author
of The Relate Guide to
Sex and Intimacy)

**1st
September
2017**

Understanding Sexual and Internet Addiction

- >> What is a sex addict?
- >> Why does sexual addiction and compulsion develop?
- >> What are its effects?
- >> Who is affected?
- >> How can addicts get help?

Unconscious Processes in Supervision

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**13th
October
2017**

Unconscious processes are at least as relevant in supervision as they are in counselling, offering considerable insight in what's going on for your clients, your supervisee -- and yourself.

Understand and recognise unconscious processes:

- >> Transference and countertransference
- >> Parallel process and projective identification
- >> Spotting unconscious processes and how to work productively with them

Treating Sexual Addiction and Compulsion

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**10th
November
2017**

Treating Sexual Compulsion and Addiction

- >> Assessment and Support
- >> Personal Competency and Referral
- >> Ethical Issues
- >> Available Help

Supporting Partners of Sex Addicts

Trainer:

Cate Campbell
(author of The Relate
Guide to Sex and
Intimacy)

**1st
December
2017**

Treating Sexual Compulsion and Addiction

- >> Shock and Betrayal
- >> Co-dependency
- >> Rebuilding the relationship
- >> Rebuilding a life

Applying for our Courses

These courses are suitable for counsellors and therapists.

There are no specific entry requirements.

Have any Further Questions?

You can contact someone specifically about it by using the details below:

Michèle Logue | 01302 553818 | michele.logue@don.ac.uk

Kathryn Holden | 01302 553684 | kathryn.holden@don.ac.uk

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