



Relationship
Therapy INC

WORKING WITH COUPLES

the foundations of relationship therapy

Interactive, real-time online training

with Nic Beets - Clinical Psychologist, Family Therapist & Author

www.relationshiptherapyinc.com

Do you know how to work with two people at the same time? Are you confident about intervening in couple dynamics? Lots of us feel understandable anxiety about inviting the raw emotion of a distressed couple into our therapy room. The primary aim of this workshop is to increase your confidence in working with couples. Rooted in Nic's 30+ years of specialising in relationship therapy, this course will give you insight into what really works and what doesn't!

The training will help you apply your existing skills in a couple therapy context. With a maximum of 16 participants and using Zoom breakout rooms, there will be plenty of opportunities to workshop your skills. The training will run over four Thursday afternoons, 2.30-6.00 pm Oct 12th & 19th and Nov 2nd & 9th. To avoid overload, each afternoon will consist of two 90-minute sessions with a half-hour break between.

The course does not teach a specific therapy model but looks at common issues arising when relationship problems occur. Such as:

- staying in charge of process and structure; keeping you and your clients safe
- why intimate relationships get harder to do over time and what to do about it
- how clients protect themselves out of relationship and what they can do instead
- starting therapy with impact to maximise your credibility and your client's hope
- avoiding common traps re confidentiality and getting off-side with one partner
- how to prevent and de-escalate unproductive conflict
- using a systemic, non-blaming conceptualisation in practice with couples
- how to empathically confront, especially where clients lack self-awareness
- addressing sexual issues as a normal part of adult intimate relationship
- working across cultures and power differences & much more

This workshop is intended for all practitioners regardless of how much or little training they have had in working with couples. Here's what previous participants have said:

"This training delves into therapy in a way that makes you want more... I would highly recommend this training to anyone who works with or is wanting to work with couples; in fact, I would recommend it to anyone doing therapy!"

*"Nic combines his thorough knowledge of theory with down-to-earth, real-life pragmatism. Despite having read widely in approaches to couple therapy it was Nic's training that gave me actual guidance about **what to do** when at the coal-face."*

Book now only \$402.50 incl GST. Numbers are limited to 16.

Online 2.30-6.00pm Oct 12th & 19th and Nov 2nd & 9th

Check out Nic's new book "[Make Love Work](#)" in bookstores now