Continuing Professional Development

Advanced person-centred couple and family therapy

This one-day seminar is for persons experienced in couple and family therapy or those who have attended one or more workshops on person-centred couple and family therapy. We will focus on identification of our most secure position, when we trust what we were doing and trust our clients to make use of their own deepest wishes and willingness to learn. We will also visit the darker moments when our clients lose their balance and, to our distress, we lose ours. The workshop will be an active exchange between participant and facilitator and will feature:

- How the six Rogerian conditions support the best practices in couple and family therapy.
- The use of open-ended questions to facilitate client connection, use of strengths, awareness of intention and escape from reactivity.
- The question of goals: of each client, of in different developmental stages in family life, of the therapist for his/herself and of therapy itself.
- The balance of acceptance and assertion for family members and for therapists: what is the balance of acceptance and teaching for the therapist.
- Fear, fear and fear: the clients’, yours of not being good enough and yours, in general.
- Gifts from other approaches: emotion focused; integrate behavioral therapy (Yes! They now believe acceptance is the key.) transactional analysis.

The workshop will feature DVD’s of client sessions; participant exercises; hard situation demonstration and hard situation supervision.

Testimonial

A person who initially attracted me to his work, but who then impacted me in a profound way for his warmth, wisdom and humility. Someone who knows how to be before me in a particularly inspiring way, getting me to question, review, learn, but always with a presence that produces in me a great feeling of self-affirmation. Sergio Lopez, Counsellor, trainer of counsellors, Buenos Aires

Charles O’Leary

Charles is the author of The Practice of Person-Centred Couple and Family Therapy (Palgrave McMillan, 2012) and Counselling Couples and Families: A Person-Centred Approach (London, 1999), the first book to integrate Carl Rogers’ therapeutic conditions with couple and family therapy. During the early 1970s he studied at and was a member of the Center for Studies of the Person, alongside Carl Rogers. He regularly teaches family and couple work in the US, Austria, UK, Ireland, Germany, Argentina and Italy. A Clinical Fellow of the American Association of Marriage and Family Therapists, Charles has a private practice in Denver, Colorado.

Tuesday 26th March 2019

9:30am — 5:30pm
Metanoia Institute, 13 North Common Road, Ealing, W5 2QB

Metanoia Members: £70
Non-Members: £90

For further details please go to www.metanoia.ac.uk
Or contact: Cathy Simeon at CPD@metanoia.ac.uk