

Quality and affordable therapeutic retreats,
seminars and counselling services



Couple and Family Therapy Workshop: Basics and Beyond

with Les Simmonds

Workshop Overview

This workshop is designed to support practitioners to develop family therapy skills and experience. Couple and Family Therapy often follows a specific model of practice e.g. Imago Couple Therapy, Structural Family Therapy or Narrative Family Therapy. All recognised models of therapy are valid in their own right and it is the intention of this workshop to respect such thinking.

This workshop utilises a systemic approach to couple and family therapy (Metaframeworks), rather than a specific model. The content of the workshop includes:

- A brief systemic overview of theory and practice, providing a blue print for therapy
- The importance of taking a strength-based approach, and using the theory of constraints
- Structuring and interviewing, use of questions, demonstrations, practice sessions, group discussions and mini-presentations

Participants will gain the knowledge and skills required to work with couples and families, within a safe and supportive learning environment. This learning will be consolidated during the *three follow-up supervision sessions.

COST

In order to support the transitioning of couple and family

concepts into professional practice, there is no charge for this two-day workshop, however, attendees are expected to engage in *three couple and family supervision sessions with the facilitator at the cost of \$90.00 per session. The supervision can be carried out face-to-face, on SKYPE or by telephone.

ENTRY CRITERIA

Participants must be currently involved in a helping profession e.g. counselling, social work, nursing, mental health or church ministry. Workshop limited to 12 attendees.

Workshop Details

Date:

Sat 25 & Sun 26 July, 2015

Price:

see 'COST' section

Registration:

www.lifeaplenty.nz/workshops-and-seminars

Facilitator:



Les Simmonds

Les is an experienced couple, family and cognitive-behavioural therapist who is dedicated to furthering couple and family practice in Aotearoa. He holds post graduate qualifications in cognitive-behavioural and couple and family therapy. Les runs a private practice for clients and supervisees. He has also co-authored 'Raising Teens' and 'Counselling for Sexual Abuse'.

Venue: St Columba Church, 502 Otumoetai Rd, Tauranga

Schedule: 9am – 4pm, morn/afternoon tea provided

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