

## COURSE HIGHLIGHTS

1. A practice-based skills training that delves beyond a content based interactional counselling mode.
2. The intensives will explore these two different relational dynamics.

- Relationship Therapy: Significant and close relationships with power imbalance that need facilitation (parent-child, work partners, friendships, teacher-student, therapist-client, siblings, etc.)
- Couples Counselling: Intimate or romantic relationships that need facilitation in social structures that define relationships.



# Advanced Practitioner Certificate in Process-oriented Relationship Therapy and Couples Counselling

## AFFILIATIONS

**INTERNATIONAL ASSOCIATION OF PROCESS ORIENTED PSYCHOLOGY (IAPOP)**  
[www.iapop.com](http://www.iapop.com)

**CENTRE FOR PSYCHOTHERAPY AND COUPLES COUNSELLING, BRISBANE, AUSTRALIA**  
[www.alanrichardson.net](http://www.alanrichardson.net)

## APPLICATION PROCESS

Fill in the application form available on:  
[www.alanrichardson.net/relationship-training/](http://www.alanrichardson.net/relationship-training/)

## FOR QUERIES, CONTACT

Kirtimalini: (+91-9820888115)

Divya: (+91-9321319630)

Ashish: (+91-7021728560)

*The modules will cover all comprehensive training in relationship therapy from IAPOP Diploma in Process-oriented Psychology.*

## TRAINING DATES

- Module 1: 12th - 15th August 2022
- Module 2: 15th - 18th December 2022
- Module 3: 9th - 12th March 2023

## TRAINING STRUCTURE

- 3 in-person intensives of 4 days each
- 6 online sessions
- Individual and group supervisions

## ELIGIBILITY

This training is open for

- Psychotherapists and counsellors.
- The course requires the participants to have a therapeutic practice.

## CERTIFICATE EVALUATION PROCESS

- Self evaluation
- Peer feedback
- Supervision of therapy practice

**DURATION:** 9 months

**VENUE:** Pune, Maharashtra, India

## TRAINING FEES

India and Global South: INR 1.5 lacs | Global North: AUD 4,050: USD 2,850 (Exclusive of travel and stay cost)

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## COURSE OBJECTIVES

At the end of the course, participants will be:

- Competent to work with clients in significant relationships, such as primary caregivers, romantic partnerships, marriages, close friendships, family, etc.
- Have skills beyond a content based interactional counselling mode.
- Able to develop a systems-based understanding of generational legacies,
- Trace internalized and familial patterns to seek the clients dreams and aspirations of themselves and their world.
- Bring awareness to the clients innate individual principles that inform their world view and work with their deeper nature.



## ABOUT THE TRAINER



Alan Richardson is a psychologist, psychotherapist, educator, and supervisor based in Brisbane, Australia. He teaches relationship therapy, counselling, and supervision subjects in university and courses internationally.

He has been closely associated with several process work schools around the world and is a senior teacher of the modality. Alan's therapeutic approach focuses on building relationships - with the self, people, world, and the expression of the self in the world.

Through this course, Alan wishes to explore relational skills with therapists and counsellors to navigate the changing seas of relationships, individuality, freedom, and intimacy.

## COURSE CONTENTS

### MODULE 1: METAVIEW OF RELATIONSHIPS

This module will focus on:

- Learning the important contributions in various models of relational/couples therapy.
- Introduction to Process-oriented Psychology Relationship Theory and Skills.
- A contextualized process-oriented understanding of the skills developed across the different models and paradigms; Emotionally Focused Couples Therapy and the Gottman Method.

### MODULE 2: SKILL DEVELOPMENT

The module will focus on skills-based learning through peer practice in the training intensive.

We will explore:

- The dissection of an individual's dreams as a part of the couple's dream.
- An individual's less conscious or unconscious relational dynamics.
- Interventions based on 'Experiencing Yourself as the Other'.
- The essence of what supports each person and their relationship.

### MODULE 3: ADVANCED SKILLS

The module will focus on relationship interventions by being able to work with issues, such as:

- Boundaries & Intimacy.
- Relational Dreams that are seeking expression.
- Emotional Presence and Desire contrasted to Despair, Grief & Loss.
- Spectrum of Contact and Being Fluid in Dissent.
- Welcoming Difference in Relationships.