

The Practice of Person-Centred Couple and Family Therapy

Facilitated by Charles O'Leary

Monday 15th and Tuesday 16th May 2017, 09.30 – 17.00

Venue: University of Strathclyde, Glasgow

This workshop will cover areas of interest to persons with experience in couple and family work as well as person-centred therapists seeking to expand their work in relationship therapy.

This training will build on earlier APT workshops and will include:

- How active client-centred listening can create space for relationship change;
- Common factors for all effective couple and family therapy—especially slowing down client conversations
- Balancing structure with client ownership of sessions—facilitating back and forth dialogue. Interrupting monologues by translating for those who are silent as well as those who are speaking. Commenting on process while inviting client correction.
- Facilitating client noticing of unexpected moments of shared intentions and opportunities for acceptance of what is temporarily unresolvable
- Ways in which research on clients' experiences of relational therapy can direct the therapist and allow a path through apparent discouraging dialogue
- Extended demonstration of many different couple situations; especially those brought by participants
- DVD's of Charles' s own work with couples and families
- Difficult and feared situations: Respecting trouble without getting lost in it.

Participants can bring their client predicaments, their fears, their relationship questions for **two days** of dialogue and encouragement. Charles will show how his work is similar to as well as different from Emotionally Focused Couple Therapy and Narrative Therapy.

“Charles O Leary has a sensitive, respectful, caring and accepting way of being, which encourages people to access and ultimately to communicate their personal thoughts and feelings.

-Fiona McCarthy Director, Counselling Centre at Knock Shrine, Ireland.

“Charlie O'Leary has a powerful reputation as a family therapist and as a teacher of family therapy.

Above all, he is an observer of families and family life whose commentary on what he observes combines truth and humor in a fashion which might be likened in British terms to ‘John Cleese with a doctorate in therapy.’”

-Dave Mearns

Charles is the author of *The Practice of Person-Centred Couple and Family Therapy* (Palgrave MacMillan, 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 Centre for Studies of the Person, alongside Carl Rogers. He regularly teaches family and couples work in the US, UK, Ireland and has taught in Italy, Germany, Argentina and Austria. Clinical Fellow of the American Association of Marriage and Family Therapists, Charles has a private practice in Denver, Colorado.

Cost: Before Thursday 5th March 2017: **£200** or After Thursday 5th March: **£250**

In order to keep costs to a minimum, catering is not included in these costs

Register via our online shop at: <http://onlineshop.strath.ac.uk/>

Contact: jan.bissett@strath.ac.uk or 0141-444 8415 for further information on this training, the facilitators, ways of applying for this course or other APT events