

# 2010

*The following professional training has been scheduled for 2010. For more information on these courses and other professional training opportunities, including specific training for your organisation, please contact Interrelate Clinical Services on (02) 4016 0500.*

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**Please click on a course title below for more information:**

## *The Art of Relationship Counselling*

*A five weekend program to prepare Graduates for couple counselling.*

## *Building Connections*

Professional training for the Government acclaimed Building Connections Parenting Seminar.

## *Child Consultation Training*

Training to engage with children in order to help them talk about their families.

## *Effective Group Leadership*

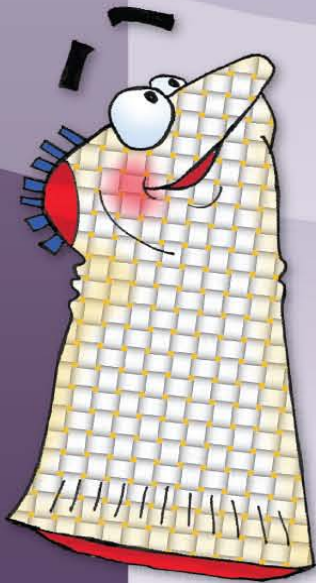
A 4 day training program for Professionals interested in facilitating groups.

## *Supervisor Training Course*

A distance learning program.

## *Male Specialist Training*

A two day training course which will provide practitioners with skills and confidence in working with men.



*\*NOTE: All Courses are based on a minimum number of delegates and Interrelate reserves the right to cancel any course with sufficient notice to participants. Confirmation of dates for all courses will be made when the minimum number of registrations have been received.*

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# THE ART OF RELATIONSHIP COUNSELLING

*A five weekend program to prepare Graduates for couple counselling.*

## Course

This five weekend program provides an experiential introduction to developing a counselling presence to couple relationships. The course method will involve: demonstration, exercises in developing awareness of self in relationship, role play practice and theoretical frames to inform effective couple counselling. The theoretical components of the workshop will be covered by the provision of handouts so that the majority of the workshop time can be experiential and interactive.

## Course outcomes include:

- **Experiential skills in couple counselling**
- **Overview of couple counselling models**

## Course outline

**Weekend 1** – participants will begin to explore both experientially and theoretically the nature of the couple bond and the art of being creatively present as the third person to a couple while maintaining clear self boundaries. This weekend will also introduce the core skills required for effective couple counselling.

**Weekend 2 & Weekend 3** – these weekends will introduce a series of theoretical models that may be used to inform couple counselling practice. Alongside these models participants will practice, with video feedback, the base skills in couple counselling and the ways in which these are shaped by the use of the theories of choice. Participants will have the opportunity to briefly review the following theories that can be included within the couple counselling meta-model presented: Attachment, Object Relations, Marital Contract, Family of Origin, Couples Development, Multi-generational

Family Systems, Couples Communication and Narrative models. Techniques from these models will also be explored.

**Weekend 4** – The majority of this weekend is an introduction to sexuality in couple relationships and ways of working with sexual difficulties from a counselling perspective. It will explore the differences between sex counselling and sex therapy. It will aim to show how the base skills can be used in couple sex counselling.

**Weekend 5** - This weekend will give a brief introduction to issues of Family Violence in couple counselling and the very different models that need to be brought into play when a couple presents with FV. The differences between counselling with couples where there is mutuality to couples where there is the threat of violence will be discussed. Participants will practice the different skills. The weekend will complete with models of and practice in supervision for couple counsellors.

## Pre-requisites

As the course will cover advanced skills in relationship counselling, participants will need to have prior knowledge and experience in counselling.

## Cost

\$1870:00 – includes gst (deposit \$550.)

## Dates\*

Sat 14<sup>th</sup> – Sun 15<sup>th</sup> August, 2010  
Sat 18<sup>th</sup> – Sun 19<sup>th</sup> September, 2010  
Sat 9<sup>th</sup> – Sun 10<sup>th</sup> October, 2010  
Sat 6<sup>th</sup> – Sun 7<sup>th</sup> November, 2010  
Sat 4<sup>th</sup> – Sun 5<sup>th</sup> December, 2010

## Course equivalent

75 hours training

## Venue: Interrelate Sutherland

Shop 1C, 383-385 Port Hacking Road  
Caringbah NSW

**Expressions of Interest for this course due by  
11<sup>th</sup> June, 2010**

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## BUILDING CONNECTIONS

*Professional training for the Government acclaimed Parenting Seminar.*

### Course

Building Connections is a three hour seminar designed to help separated parents have healthy and strong relationships with their children. After extensive trials and subsequent refinement by the experienced staff of Interrelate, an evaluation was completed for the Attorney-General's Department, circulated nationally and was given a resounding stamp of excellence!

### The Building Connections Seminar covers:

- **The importance of looking after yourself, post separation**
- **The impact of separation and conflict on children**
- **Useful tips for parenting**
- **Strategies to be a more effective parent**
- **Ways to communicate with the other parent**
- **The setting of goals for future parenting**
- **The support services available**

### The Facilitator Program is conducted over 16 hours and includes:

A facilitator's manual / participant handbook / certificates of completion / DVD with Powerpoint Presentation / Resources: Healthy/Unhealthy Parenting Wheel / A4 Poster of Building Connections concept / Marketing resources / Additional resources for purchase

### Pre-requisites

Group leadership skills, experience in working with couples/families in entrenched conflict, an understanding of the impact of entrenched conflict on children

### Cost

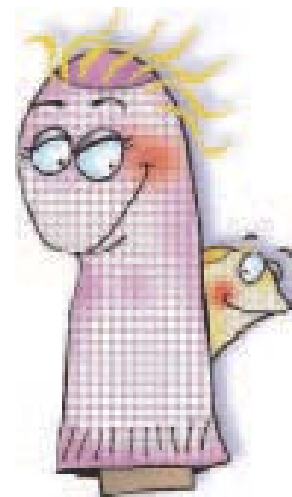
\$500.00 – includes gst  
With prior arrangements, the Facilitator program is available at alternate locations and dates for groups of 12 or more. \$470.00pp, plus travel and accommodation for the service provider trainer.

**Dates\*:** Thursday 5<sup>th</sup> & Friday 6<sup>th</sup> August, 2010

**Venue:** Interrelate Sutherland

Shop 1C, 383-385 Port Hacking Road  
Caringbah NSW

**Expressions of Interest for this course due by 31<sup>st</sup> May 2010**



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# CHILD CONSULTATION TRAINING

## Course

This experiential and practical based training will assist participants to engage with children in order to help them talk about their families.

## Course outcomes include:

- Skills and resources to engage and work with children in a short-term, therapeutic manner.
- Practical ideas for structuring feedback to parents.

## Course outline

### Topics covered will be:

- Engaging the “child within
- Engaging boys
- Child development
- Family of Origin

Guided imagery and therapeutic media will be used to enable counsellors to develop the skills needed to work with children. Guidelines for strength-based feedback to parents will be an essential part of the training.

Issues of confidentiality, mandatory reporting and safety of children will also be part of this training

## Pre-requisites

As this course will build on primary counselling skills, all participants need to be practicing counsellors.

## Cost

\$220.00 (includes GST)

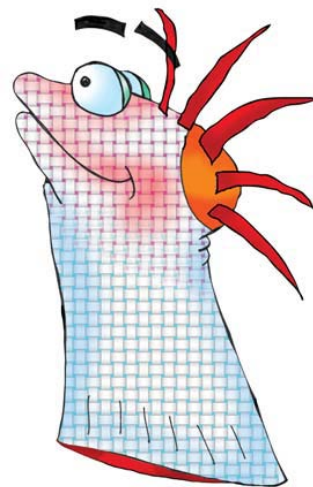
## Dates \*

Tuesday 20<sup>th</sup> – Thursday 22<sup>nd</sup> July, 2010

## Venue

Interrelate Family Centre Head Office (Clinical)  
Level 1, 495 Hunter Street, Newcastle 2300

**Expressions of interest for this course due by 30<sup>th</sup>  
April, 2010**



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## EFFECTIVE GROUP LEADERSHIP

*A 4 day training program for Professionals interested in facilitating groups.*

### Course

30 hours of training conducted over four days. Teaching methods will include structured experiential exercises to highlight theoretical teaching, group interaction and discussion, and didactic input. Emphasis will be placed on experiential learning and interactive presentations.

### Course outcomes include:

- Increased confidence in leading groups
- Strategies for dealing with difficult group members
- Specific interventions for conflict negotiation in groups
- Practical and creative ways to take charge of the leadership role
- Knowledge of how groups develop and ways to manage group dynamics and changes in group atmosphere
- Organising and writing a program

### Course Outline

*Major areas covered in this course are:*

- How to conduct an effective group
- Models of group development
- Understanding group processes and dynamics
- Conflict theory, interventions and resolution
- Effective group contracting

- Roles people take in groups and strategies and useful techniques
- Working with issues of power, cohesion and trust
- Recognizing group “norms”
- Styles of group leadership and how to maximize
- Effective co-leading techniques
- Practical aspects of preparation and planning for programs
- Leader’s task and maintenance functions and ways to use them to create a dynamic group
- Effective feedback techniques

*A comprehensive course manual will be issued on commencement of program*

### Cost

\$670.00 (includes GST)

### Dates\*

Tues 12<sup>th</sup> – Wed 13<sup>th</sup> October, 2010

Tues 16<sup>th</sup> - Wed 17<sup>th</sup> November, 2010

### Venue

Interrelate Family Centre Head Office (Clinical)  
Level 1, 495 Hunter Street, Newcastle 2300

**Expressions of Interest for this course due by 6<sup>th</sup> August, 2010.**

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# SUPERVISOR TRAINING COURSE

*A distance learning program.*

## Course

This distance education course is designed for counsellors and other practitioners who want to train in the theory and practice of supervision. A comprehensive course manual including readings and step by step guide for assignment preparation will be mailed on registration. Course facilitators will be available to answer any questions during the course and provide assistance

## Course outcomes include:

- Practical working definition of supervision
- Understanding of models of supervision
- Awareness of transference, counter-transference and parallel process
- Clarification between supervision, therapy and training
- Understanding of ethical standards.
- Creating and maintaining a supervisory relationship
- Demonstrate contracting and goal setting
- Learning specific responses, interventions and creative techniques
- Monitor and evaluate the supervisory process
- Operating within the requirements of organisational demands for reporting and evaluating
- Demonstrate the ability to self-critique
- Identifying personal model of supervision

## Course outline

- Module 1 - Models of Supervision
- Module 2 - Supervision in Practice
- Module 3 - Reviewing Supervision
- Module 4 - Personal Supervision Philosophy

## Assessment

- One essay of 750 words
- Attendance and participation at the weekend workshop
- Video tape (completed at experiential workshop) and critique of a supervision session
- Personal philosophy of supervision – 1500 words

## Pre-requisites

- Minimum 400 hours of supervised counselling, or
- Minimum 100 hours of supervised dispute resolution, and currently working as a practitioner

## Cost

\$795.00 (includes GST)

## Date

Workshop  
Tues 19<sup>th</sup> – Wed 20<sup>th</sup> October, 2010

## Venue

Interrelate Family Centre Head Office (Clinical)  
Level 1, 495 Hunter Street, Newcastle 2300

**Expressions of Interest for this course due  
7<sup>th</sup> April, 2010**

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## MALE SPECIALIST TRAINING

### Course

A two day experiential training course which will provide practitioners with skills and confidence in working with men.

### Course Outline

The course will include a high proportion of experiential learning, practice based exercises, as well as course materials and some didactic input.

### Course outcomes include:

- **Understanding and working with the barriers faced by men when accessing services**
- **Practical skills required for effectively engaging and relating to men**
- **Managing aggression and other male specific issues**
- **Increased awareness of self when relating to men**
- **Specific counselling techniques for working with men**

### Pre-requisites

Prior training in counselling or psychology.

### Cost

\$200.00 (includes GST)

### Dates \*

Tues 8th – Thurs 10<sup>th</sup> June, 2010

### Venue

Interrelate Family Centre Head Office (Clinical)  
Level 1, 495 Hunter Street, Newcastle 2300

**Expressions of Interest for this course due  
30<sup>th</sup> April, 2010**



## **PRESENTERS of Interrelate Training Courses**

### **Karen Morris**

Karen Morris is the Chief Executive Officer at Interrelate Family Centres with the responsibility for oversight of all clinical services for the organisation. She has been instrumental in creating and maintaining a child focus for all aspects of service delivery, including the development of a myriad of resources to assist parents, particularly those who are separated, to better focus on the needs of their children. Karen is an experienced counsellor, trainer and relationship educator who combines clinical practice with her management role. She has developed cutting edge programs for couples and families and regularly conducts training programs.

### **Doug Sotheren**

Doug Sotheren first trained as a relationship counsellor in 1970 with further training in Gestalt and Family Therapy, he developed an interest in body-focused, or Somatic models of counselling. His experience includes over 24,000 hours of counselling and thousands of hours of intensive group training for counsellors and other health professionals throughout Australia. He is a Clinical Member and Registered Supervisor of Australian Association of Marriage and Family Counsellors, has a BA in Sociology and an M.Th with focus on family systems.

### **Jonathan Toussaint**

Jonathan Toussaint PhD is an experienced family therapist specialising in gender issues and family relationships. He has worked extensively in the human services and community sectors for over 20 years and has developed leading edge practices that strengthen the family and community. Jonathan holds degrees in Theology and Psychology and has a keen interest in applying strength-based approaches to individual and community work. Jonathan is an Executive Manager at Interrelate Family Centres where he has the overall responsibility for the establishment and clinical management of the company's Family Relationship Centres across New South Wales. Jonathan is also a university lecturer in the field of health psychology.

### **Rachel Evans**

Rachel Evans is an experienced relationship counsellor, family dispute resolution practitioner, supervisor and senior trainer with Interrelate Family Centres. She has a background of training in both the corporate and community sectors, and has also gained Master Trainer status with Living Works conducting the Applied Suicide Intervention Skills Training program (ASIST) in addition to her years of clinical work with clients at risk of suicide. Rachel holds the role of Executive Manager Relationship Services with overall responsibility for counselling, family relationship education skills training, and post separation services at Interrelate Family Centres.

**Other Presenters to be advised.**