



Core skills and techniques for working with couples.

Foundational skills training and perspectives for effectively working with couples.

Working with couples can be very challenging and asks a great deal of the therapist in different ways to working with individuals. This training day is designed to give therapists an opportunity to learn systemic concepts when working with couples and to build confidence in this area of clinical work.

Participants will be introduced to 'Systemic' thinking which is central to effective couple work. Additionally, adaptations of Solution Focused Brief Therapy (SFBT) to couple work is included in this workshop with practical applications of 'Best Hopes', 'Miracle Question', 'Scaling' and 'Exceptions'. The skill of 'Circular Questioning' will be practised as participants learn to engage with more than one person, keep the session progressing and manage many of the difficult and complex issues that can arise.

Training methods will include Ari introducing each technique, demonstrating them in simulations, and trainees practising them followed by questions and discussion.

The format is designed to be practical with a strong focus on clinical skills. Self-reflection on clinical work will be incorporated to allow for integration of new perspectives and skills.

Learning objectives of this training:

1. Clarify and understand the approach and skills unique to couples work as distinguished from individual work.
2. Appreciate boundary setting with couples.
3. Understand 'Systemic' concepts and how to apply these in couples work.
4. Learn to apply circular questioning and other useful couples techniques.
5. Know how to work inclusively with a couple and keep the session progressing whilst managing stuck points.
6. Begin to manage therapist anxiety in situations of conflict and stress during the course of a couples session.
7. Develop confidence in work with couples.



Ari Badaines, Ph.D. is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session Making a clear distinction between working with couples and working with individuals.
Systems Theory and Solution Focused Therapy applied to couples work.
Demonstration and practise.
Essential components for first and subsequent sessions.

Afternoon Session Role plays and demonstrations.
Further skill and technique development.
Questions, answers and discussion about areas of difficulty and complexity often seen when working with couples.
Evaluation and closing.

“Couples work can be very satisfying; however, without the right skills, and it can leave you feeling frustrated and inadequate. This workshop will bring you some of the most recent, research-based techniques and approaches to build your confidence and allow you to enjoy this challenging work.”

Dr Ari Badaines

How will you benefit from attending this training?

- Become familiar with research about *what is* and *what is not* effective in couples work.
- Take away new skills to enhance your work with couples.
- Address your anxieties, develop confidence, and feel excited about working with couples.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resource.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of professionals who wish to work with couples or wish to further develop foundational skills for working with couples.

Here is what people said about Ari's recent training for PDP:

"Thank you for one of the most valuable learning opportunities I have ever had! Your passion for what you do is inspiring and I'm grateful for the opportunity to have been part of this training."

"Best, most informative workshop so far and just what I needed... Can't wait to put these skills into practice!"

"Ari, I loved it - the work, the group, your management and generosity and humour. Thank you!"

"Absolutely brilliant (What can I say?!) Thank you so much for the privilege Ari."

"I loved the experiential training - please organise more with Ari. I feel he was very much himself and it allows spontaneity and good learning."

"This workshop was such a powerful, engaging experience and the skills that I will take from this will be so helpful in my therapy practice. Wonderful, thank you!"

"A fascinating workshop. Interactive and experiential, Ari had the ability to keep us engaged and interested and explained in a clear way making sure we 'got it' before moving on. I would recommend Ari's training and will do more with him again."