**Working with Couples and Depression**

**3-day CPD on Couple Therapy for Depression including clinical techniques for working with depression and couple relationships**

***Suitable for non-NHS couple therapists and counsellors***

**Information and Application Form**

**Dates**: The training runs for 3 days on the 23rd, 27th, and 30th of January 2023. Followed by remote group supervision consultations, dates to be announced.

**Venue**: Remote delivery

**Fees:**3-day course plus 3 supervision consultations cost: £750   
(£675 if booked and paid for by 16th December 2022)

**Course code for admin purposes:** 2023JANPPONLINE

About the Training

This CPD is made up of 3 days of remote teaching, discussion, and experiential learning and up to 3 sessions of supervisory case consultation for couple trained clinicians. It will provide practitioners in private practice, voluntary sector organisations, and private healthcare providers with therapeutic techniques to work with couples and depression, based on Couple Therapy for Depression, the evidence-based, NICE-approved treatment for mild to moderate depression.

About the Training Provider

Tavistock Relationships (TR) developed Couple Therapy for Depression for use in IAPT services, having been commissioned by the Department of Health to create a competency framework for this treatment. TR subsequently produced the national training that has been successfully delivered to experienced practitioners, funded by Health Education England, throughout England since 2010.

This 3-day CPD is an adaptation of the training offered within the NHS, focussing on relational components of depression and clinical techniques.

What is Couple Therapy for Depression?

Based on NICE guidelines, Couple Therapy for Depression is a 16-20 session integrative-behavioural treatment for depression for couples where one or both partners are experiencing relationship distress and depression. It has been developed by identifying best practices in a range of behavioural, systemic, psychodynamic, cognitive, and emotionally focussed couple therapies evidenced in RCT effectiveness trials. Couple Therapy for Depression focuses on the relational aspects of depression and on factors that reduce stress and increase support within the couple, using the relationship as a resource for recovery and relapse prevention.

The training will include:

* teaching on the relational aspects of depression
* learning around couple and individual stress management
* techniques to broaden couple communication, with links to depression
* theory concerning projective couple systems and the function of depression
* learning on acceptance and tolerance in an intimate couple relationship
* techniques to help couples create new ways to share problem-solving
* learning around intimacy, loss, and depression
* attachment patterns and links to depression
* MBT techniques for dysregulated couples
* interventions to help couples use their relationship as a shared resource and prevent relapse

What are the supervision requirements?

Participants will have access to up to three set supervision consultations of their couple work in relation to techniques and CTfD. Supervision consultation will be conducted in groups and requires video conferencing, which TR will facilitate.

**SUPPORTING COUPLES · STRENGTHENING FAMILIES · SAFEGUARDING CHILDREN**

**www.TavistockRelationships.org |** **56-60 Hallam Street, London, W1W 6JL** | **020 7380 1975** | **ctfd@tavistockrelationships.ac.u**

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What will successful trainees receive?

* Certificate of Attendance and Completion.
* There may also be an opportunity to join TR’s training team, delivering this training and supervision to IAPT clinicians.

How will the application be assessed?

Places will initially be allocated on a first-come, first-served basis. Early application is encouraged.

**This training will take place subject to Tavistock Relationships recruiting the requisite number of applicants.**

Queries: If you have any questions, including if you are unsure if you meet the criteria, please contact a member of the Training Team at ctfd@tavistockrelationships.org

Please use the course administration code as a reference, to help us to deal with your query efficiently.

**Couple Therapy for Depression Accredited Practitioner Training**

**Applicant’s Details**

Please return the completed form to:

[ctfd@tavistockrelationships.org](about:blank) Tavistock Relationships

|  |  |
| --- | --- |
| Course Administration Code: |  |
| Course Dates: |  |
| Full name:  (This is how it will appear on the certificate) |  |
| Home Address: |  |
| Home Telephone no: Mobile no:  Work Telephone no: | |
| Email address: |  |
| Description of current role: |  |
| Base address: |  |
| Employing organisation: (Include full address if different from base address) |  |

**1. Please give details of your qualifications to date as a therapist or counsellor and therapeutic experience:**

**2. Do you have a qualification as a Couple Therapist? YES NO**

**If YES, please give details of the qualification level, awarding body, and date:**

**If NO, please give details of your equivalent experience in the following two areas:**

* **working with couples/more than one individual with common mental health problems under supervision**
* **CPD activities related to working with couples**

**3. Please give details of your professional accreditations e.g. BACP, BPC, HPC, etc.:**

**4. Have you had training in risk issues, safeguarding, and clinical governance?**

**YES NO**

**If YES, please give details of this training or courses where these areas were covered:**

**5. Do you require any special facilities to attend the three-day training course?**

**6. Please enclose a passport-size photograph with your application.**

**7. Where did you see this course advertised?**



Our Website Our Email         Social Media Colleague Other

Other Website (please specify)

Publication     (please specify)

Other              (please specify)

**8. We’d like to keep you updated on our range of training opportunities, CDPs, and events, and how you can support us via, our newsletter.**

**Please indicate that you are happy to receive this information about Tavistock Relationships’ work:**

Yes No

**9. Do you wish to receive information from Tavistock Relationships notifying you of our other Couple Therapy events and training?**

 Yes                  No

**How would you like to be contacted (tick all that apply)**

Email Post Phone

**We will never sell your data and promise to keep your details safe and secure. You can change your mind at any time and stop receiving updates by emailing us at** [**ctfd@tavistockrelationships.org**](about:blank)

**Please use this email address to notify us of changes to your details.**

**By signing this form you are confirming that you have read and accepted the Tavistock Relationships Training Privacy Notice. (Provided as a separate document with this application)**

**Applicant Signature: Date:**