

Workshop Title: Working with Couples: An Opportunity for Change

Facilitator: Lynda Osborne, D.Psych, MA, MSc, TSM GPTI, ECP, UKCP registered Gestalt Psychotherapist.

Facilitator Biography:

Lynda has been a trainer and supervisor of counsellors/psychotherapists for over 30 years. Lynda held a senior management post at Metanoia Institute from 1999 – 2012, and was first chair of UKAGP. She continues to work with clients, supervisees and trainees in the UK and internationally. Lynda is on the Leadership Team of Relational Change. Her original training was in couple work which she still enjoys – usually at least.

Capacity: 6-24

Outline / Aims:

Couples arrive with a wide range of presenting issues. For some it is their difficulty in moving through their experiences of ‘stuckness’ that is the focus of the work. We will draw on theory, clinical examples, and experiential exercises through which both to explore such experiences and to consider possible ways of working to support change.

Alignment: The focus is clearly on stuckness. It will include games people play and creative ways we may choose to work.