

## Programme details

### Training format

Our post-graduate Diploma Training in Creative CoupleWork runs over 19 months, part time. The learning is grounded through supervision/ tutorial days in small groups.

### Venues

For 2012-14 we feature 7 non-residential weekend modules in Hampstead, London and one 'summer' school residential at the fabulous sea-side Eden Roc Centre, Sant Feliu de Guixols, near Girona, Costa Brava, Spain, boasting private beach, indoor and outdoor pools, Ayurvedic treatment and massage centre. The 8 tutorial/ supervision half days are spaced in between the modules or on pre-training weekend Fridays in London.

### Module dates

M1. 24/25 Nov 2012 *The Relationship as Teacher*;  
M2. 26/27 January 2013 *Managing the Session*;  
M3. 23/24 March 2013 *The 'Intimate' Pattern*;  
M4. 22/23 June 2013 *The Eternal Triangle*;  
M5-6. 12-19 Oct 2013 'summer' school *The Sexual Energy Worker & From Triadic to Dyadic Relating*;  
M7. 7/8 December 2013 *Fatal Attractions*;  
M8. 22/23 February 2014 *Advanced CoupleWork*;  
M9. 17/18 May 2014 *Cutting loose, & Graduation*.

### Cost

Including administration, venue hire, training and tutorial fees (22 days), reading assignments and handouts, £2,810.00 GBP. Not included: residential accommodation @ €50.50 Euros per day, and optional case study and graduation fee.

### Eligibility

Applications are invited from graduate counsellors, psychotherapists, coaches, or those with equivalent background. Interested senior trainees and qualified couple workers may contact us to discuss participation.

### Application procedure

For full curriculum and testimonies from past trainees ask for information pack, or you can download one from:  
[genderpsychology.com/professionalprogramme](http://genderpsychology.com/professionalprogramme)

Please fill in the confidential application form, included in your information pack and return it.

### Some student testimonials

"I cannot recommend the Creative CoupleWork training highly enough. It has provided a clear theoretical framework which allows me to manage couple sessions with greatly increased confidence and authority, and as a by-product has given me the best personal therapy I have ever had, giving me insights into my own patterns, that has allowed me to deal with myself and my relationship in a different and more constructive way."

Alison Grant, Scotland

"For me the training has been a transformative experience – alive, insightful and engaging. There were plenty of 'Ah-ha!' moments, where I felt the truth of what was being said resonate in my body. Nick and Helena teach a fantastic grounded framework of the thresholds and potential in relationships. They provided the support, skills and perspective to help me manage the transition from one-one to working with the energies of couples in crisis. There was room for my mess, learning, mistakes and questions. I valued the time we had to practice and ground our skills. Nick and Helena teach with a lightness of touch and fluidity that at the same time is real and grounded. I really enjoyed the course – a potent training package!"

Richard Cole, London.

For more details and information about our full programme of workshops for men, women, and couples please visit:



[www.genderpsychology.com](http://www.genderpsychology.com)  
[www.creativecouplework.com](http://www.creativecouplework.com)  
[info@genderpsychology.com](mailto:info@genderpsychology.com)

## THE CENTRE FOR GENDER PSYCHOLOGY *presents*

a post-graduate diploma training in

### Couple Counselling & Relationship Coaching



## Creative CoupleWork

Trainers:

Helena Løvendal-Duffell and Nick Duffell,  
husband and wife psychotherapist team  
and authors of

*"Sex, Love and The Dangers of Intimacy"*.

*"Relationships are the Yoga of the West"*  
Ram Dass

## Why this training?

Throughout the Western world gender roles have been changing, yet families and long-term relationships are in crisis. Half of all marriages end in divorce, often with both partners feeling like failures. The damage to children and the cost to our society is immeasurable.

Despite this, men and women keep trying. We all long for fulfilling intimate relationships - it is one of our deepest human needs. Maintaining a long-term committed relationship, however, is never easy. Previous generations stifled their unfulfilled longings, stayed together and tried to make the best of things. But now everyone expects to be happy and successful. When partners inevitably let down expectations, the tendency is to panic and run.



Our society gives us no training in relationship skills, so few couples understand that this disappointment is inevitable, let alone how to harvest the gifts they can gain by working through it. Helena Løvendal-Duffell and Nick Duffell have devoted their lives to researching these questions. Their acclaimed book, *Sex, Love and The Dangers of Intimacy*, reveals how the power of an intimate relationship provides a cauldron for individuals to mature and become psychologically aware – a psycho-spiritual context that has never before been described. But in this process couples need support.

Helping couples awaken to the full potential of their relationship can be some of the most rewarding work a therapist can ever do, considering the knock-on effect in the real world. But it is not a straightforward task and in order to be effective, the therapist needs a solid theoretical understanding and a good tool kit.

## Creative CoupleWork

Couple therapy is likely to become more and more in demand in coming years. However, a couple is a “powerful dream”, and experience has shown that skills learned for individual therapy simply aren't enough. To be effective with couples requires completely different techniques and much stronger interventions. For the past decade, Helena and Nick have been training Creative CoupleWorkers in the UK and Scandinavia to apply interventions that really work.

## The trainers

Helena and Nick founded The Centre For Gender Psychology in 1996, offering workshops for couples and individuals with a focus on gender, identity, relationship, and sexuality, and training for professionals in the UK and Europe.



Helena was born in Denmark in 1958. She has travelled extensively and lived in spiritual and political communities. She worked as a social worker prior to training as a psychotherapist in London, where she has been in private practice for over two decades. She was a faculty member at the Institute of Psychosynthesis before becoming a free-lance trainer in 1996. She is a psychotherapist, a supervisor and Sexual Grounding Therapist and Trainer®. Nick was born in London in 1949 and has been a teacher, carpenter and psychotherapist. He has worked as a family therapist and mediator, organisational consultant, and has many years' experience as a trainer and facilitator. He writes and broadcasts on psychological issues, has two grown-up sons. He is the author of *The Making of Them*.

## The Creative CoupleWork Diploma

This training offers a powerful and clear way of thinking about and working with couples, combining systemic, analytic and transpersonal methods with the cutting-edge teachings of Gender Psychology and somatic Sexual Grounding Therapy. Graduates will gain an in-depth understanding of couple dynamics and gender issues and develop substantial and practical competencies in the specialised art of Relationship Therapy. Graduates will have access to the expanding international referral services of [Creativecouplework.com](http://Creativecouplework.com).

**Important principles of this training include:**

- A developmental theory of relationship and clinical skills that really work
- Relationship as a path for personal growth
- *Bonding Patterns* - inner children find inner parents and the *Mirror Dance*
- Reworking replayed historical Oedipal position to accomplish an adult emotional field.
- Re-balancing the inner masculine and feminine
- The *Life-Death-Life Cycle* in relationship
- Relationship as *The Third Being*
- The systemic field and psycho-spiritual ideas of emerging purpose
- A powerful methodology with effective interventional and stabilising tools
- Cutting-edge theory of gender and sexuality
- A tool kit for resolving dynamic impasse

**Practical skills that students will learn include:**

- Creative use of *circular questioning*
- Bringing out of mutual projections
- Working with systems and field dynamics
- Facilitating conflict without fear
- *Bonding Pattern Analysis* and adjustment
- Making explicit hidden rules of couple games
- Decoding the language of opposite genders
- Approaching sexual difficulties with couples
- Neutralising defensive alliances
- Therapists' use of self, including transference and counter transference