

## **Some Creative Couple Counselling Training student recommendations**

"I cannot recommend the Creative Couple Counselling 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, 2007.

For me the training has been a transformative experience - alive, insightful and engaging. There were Plenty of 'Ahh-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, 2007.

Helena and Nick are incredible trainers as they bring themselves fully with so much humanity, humour and creativity. They get a great balance between teaching theory and practice, always enabling deep experiential learning as they integrate participants own personal and professional experience. Their Creative Relationship Training gave me the framework, understanding and theory alongside the skills, practical experience. As importantly, it gave me the safety and space to reflect, explore, relate and integrate all the learning to my own life and relationships, and probably saved my own marriage! The ongoing supervision has taken me from being a total novice to having genuine confidence and a sense of solidity in

front of couples, as I have so much to trust in and fall back on. This course showed me the enormous difference between coaching an individual and a relationship, as well as the importance of understanding gender differences, and why in depth understanding and training is so essential for working with couples.

Caroline Burr, September 2007