

# The Practice of Person-Centred Couple and Family Therapy

Thursday 7<sup>th</sup> and Friday 8<sup>th</sup> May 2015, 09.30 – 17.00

Venue: University of Strathclyde, Glasgow

## Facilitated by Charles O'Leary

The Counselling Unit, University of Strathclyde is delighted to welcome back Charles O'Leary who will facilitate a two-day workshop on Person-Centred couple and family therapy. The workshop will cover areas of interest to persons with experience in couple and family work as well as Person-Centred therapists seeking to expand their work in relationship therapy. Specifically, Charles will show how his work is similar to as well as different from Emotion Focused Couple Therapy and Narrative Therapy and consistent with *common factors* found in all successful relationship therapy. As in all his workshops, Charles will present videos of his recent work with couples and families as well as offer demonstrations featuring real relationship issues. He will respond to participants concerns and cases with both a way of thinking and in-session brief demonstration of counselor words and actions. Charles will offer his revised job description for couple and family therapist as well as a more comprehensive adaptation of Rogers' six conditions to relationship therapy. Past workshop attendees will find new materials and new attendees will find an approach to therapy they can adapt to their own style and level of experience.

**"Charles' way of living the material...confirming all that I have come to believe about facilitating growth....Honest, funny, real, reassuring."**

**"Alive, alive. A privilege to be educated by an experienced congruent member of the human species..."**

**Most memorable workshop..."**

**2012 Workshop participants.**

"Charlie O'Leary has a powerful reputation as a family therapist and as a teacher of family therapy. Above all, he is an observer of families and family life whose commentary on what he observes combines truth and humor in a fashion which might be likened in British terms to 'John Cleese with a doctorate in therapy.'"

Dave Mearns

Charles is the author of *The Practice of Person-Centred Couple and Family Therapy* (Palgrave MacMillan, 2012) and *Counselling Couples Couples and Families: A Person-Centred Approach* (London, 1999), the first book to integrate Carl Rogers' therapeutic conditions with couple and family therapy. During the early 1970s he studied at and was a member of the Centre for Studies of the Person, alongside Carl Rogers. He regularly teaches family and couple work in the US, Austria, UK, Ireland and Italy Clinical Fellow of the American Association of Marriage and Family Therapists, Charles has a private practice in Denver, Colorado.

**Cost:** Before Thurs 5<sup>th</sup> March 2015: **£190** or After Thurs 5<sup>th</sup> March: **£240**

**For those people applying for our 2015 5-day training in Person-Centred Couple Therapy, we offer a reduced fee of £150 for this 2-day workshop until Thurs 5<sup>th</sup> March**

In order to keep costs to a minimum, catering is not included in these costs

Register via our online shop at: <http://onlineshop.strath.ac.uk/>

Contact: [jan.bissett@strath.ac.uk](mailto:jan.bissett@strath.ac.uk) or 0141-444 8415 for further information on this training, the facilitators, ways of applying for this course or other APT events