



THERAPY WORKS
WELLNESS CENTRE

INTERACTIONAL COUPLE THERAPY WORKSHOP

IPA SUITE | CEU: 16 General

Interactional Couple Therapy (ICT), rooted in the interactional approach, represents an *innovative and dynamic advancement* within marital and family therapy.

Elevate your therapeutic skills by applying a paradigm shift in how you conduct couple therapy.





THERAPY WORKS
HEALTH CARE CENTRE

Therapy Works Health Care Centre offers therapy and assessment for adults and children of all ages. We offer Cogmed®, an evidence-based program for attention deficit and learning difficulties. We also provide education and training for mental health care practitioners wanting to advance their knowledge of treatment, therapy and assessment. Therapy Works is committed to supporting ongoing lifelong professional learning or continuous professional development for mental health care practitioners.

INTERACTIONAL COUPLE THERAPY,

which is based on the interactional approach, is an innovative, dynamic development in the field of marital and family therapy, quite unlike many other approaches.

It offers a new lens, which is easy to apply and a safe, non-threatening way for couples to relate, and at the same time a structured and systematic procedure that places the couple at the centre of the psychotherapeutic process.

WHY ATTEND?	WHO SHOULD ATTEND?	WHY CHOOSE THIS WORKSHOP?
<p>LEARN FROM A THOUGHT LEADER IN IPA Dr Warwick Phipps has contributed extensively to this body of knowledge.</p> <p>DEEP THERAPEUTIC INSIGHTS Gain practical therapeutic insights from innovative application of the IPA in a couple therapy context.</p> <p>SYSTEMIC INTEGRATION Enhance your therapeutic skills by integrating systems thinking with innovative approaches.</p>	<p>This comprehensive workshop is for</p> <ul style="list-style-type: none">• Psychologists or Intern-Psychologists,• Registered Counsellors,• Psychiatrists or Medical Practitioners,• Occupational Therapists, or• Social Workers trained in mental health care, treatment, and rehabilitation	<ul style="list-style-type: none">• World-class faculty• Hands-on learning from deep expert• Case study exposure from founding thinkers• Immediate practical application• Consolidate your knowledge and experience at a higher level

WHAT IS INTERACTIONAL COUPLE THERAPY?

Interactional Couple Therapy is an innovative, dynamic development in the field of marital and family therapy, quite unlike other earlier approaches. It offers a new lens, which is easy to apply and a safe, non-threatening way for couples to relate, and at the same time a structured and systematic procedure that places the couple at the centre of the psychotherapeutic process.

Interactional Couple Therapy is different from other approaches, such as Emotion Focused Therapy (EFT), Narrative Therapy, or Imago Relationship Therapy (IRT), which tend to emphasise more traditional individual-centred psychological processes, thereby reducing the problem to a quality of the individual/s and potentially overlooking the patterns of interaction occurring in the here-and-now, needed to

successfully help them. **This approach has been extensively developed, including more recently by the inspiring research of Charl Vorster** (Professor of clinical psychology at the Sefako Makgatho Health Sciences University and Professor Extraordinary at the North-West University), who established that **our mental well-being is directly related to the nature and quality of our relationships or interactions with others.** This is the reason why couples who have acquired insight or awareness into the underlying sources of their own responses and difficulties, continue to feel distressed or unhappy: **they are entrapped by their, hitherto unrecognised, patterns of interaction that continue to affect their mutual well-being.**

KEY INSIGHTS

- It helps to answer various issues that couples encounter:
 - Why do we keep having the same arguments?
 - Why do we cycle through periods of relative peace followed by conflict?
 - No matter what I say my partner doesn't seem to hear or understand me?
 - How do I know if my partner and I are compatible?
 - Would it be better for us to separate?
 - Should we deal with the pain of the past or is it better to stay focused on the present?
 - Is it possible to redefine our relationship?
 - What are the skills we can learn to optimize our relationship?
-

Interactional Couple Therapy **draws on the couple's preferred style of interpersonal communication and their patterns of interaction to change how they are relating to one another,** which naturally leads to resolution of their original problem. This process is very much person-centred with timely and practical feedback that lends direction and careful guidance in the therapy process.

WORKSHOP INFORMATION



FACULTY



Dr Warwick Phipps

Founder & Director of Therapy Works
Clinical Psychologist PhD (Clin Psych), FNGH

Dr Warwick Phipps is an internationally recognised academic, having published multiple papers in peer-reviewed journals. He is a public speaker and subject matter expert on Marital and Family Therapy and the Interactional Approach.

He was a co-trainer with Prof. Vorster, the founder of the Interaction Pattern Analysis, and has co-authored papers and supervised PhD Dissertations on the subject. His approach is to share best practice for rapid application by therapists who attend his training.

ENTRY REQUIREMENTS

Delegates on the Interactional Couple Therapy Workshop **must have attended IPA Level 1** or be able to demonstrate attendance of similar training.

CEU

Continuing Education Unit: 16 applied for

COST	REGISTRATION	VENUE
R4 795 Lunch & Refreshments included	Visit our website for more information or to purchase your workshop visit www.therapyworkscentre.com/store/	37 Albertyn Street Vorna Valley, Midrand, JHB

Unveil your potential as a therapist and redefine couple therapy with this rich and dynamic Interactional Approach. Leverage multidisciplinary knowledge to navigate the challenges of couple therapy effortlessly.

Therapy Works Health Care Centre