



Chiron Training Ltd
Suite B Queens Way House
275-285 High Street
London E15 2TF
Tel: 020 8257 7915
Mob: 07941 730 477
Web: www.chironconsulting.org

Introduction to Relationship Counselling – Developing Core Systemic Theory and Practice Skills

This is a 3 day course delivered over 12 weeks in which we:

- (1) give you a strong theoretical foundation from which to understand and approach relationship counselling;
- (2) introduce you to basic systemic theoretical concepts and ideas;
- (3) facilitate your development of techniques and skills to use when working with couples

Areas to be covered:

- (1) what is a systemic approach;
- (2) how systemic ideas help us understand change;
- (3) Setting the context for working together
- (4) Exploring dominant and marginalised stories
- (5) The power of family scripts
- (6) developing questioning and listening skills

You will be encouraged to look at patterns of relationships and behaviours – including your own – in a range of contexts to help you generate useful and relevant questions for intervening in problematic relationships.

The strength of the course is that it is practice focused. You will be engaged in “doing” in order that you further develop and build on the skills and knowledge you already hold.

This course is suitable for beginners to systemic ideas as well as practitioners who have been introduced to some of the core concepts and wish to develop their basic skills further.

A minimal amount of reading will be required. Participants will be encouraged to keep a portfolio of their learning.

The course will be delivered over 6 half-days

A Certificate of Attendance will be provided on completion of the course.

Cost: £650

Course Tutor: Dr Sharon Bond, Consultant Systemic & Family Psychotherapist

Please complete the application form attached, download and send to the address above.

For a discussion, please contact us on 020 8257 7915 or 07941 730 477.



Chiron Training Ltd
Suite B Queens Way House
275-285 High Street
London E15 2TF
Tel: 020 8257 7915
Mob: 07941 730 477
Web: www.chironconsulting.org

Life Coaching: The Process Of Re-Authoring Lives

The Greek philosopher Socrates said: “I cannot teach anybody anything. I can only make them think”. We believe that the task of the Life Coach is to help the Coachee find the key to unlock the door to their potential and allow them to decide how they might most effectively use the abilities they identify.

A request for life-coaching can be seen as an invitation to help a person re-author his or her life. Embedded in any request for coaching is a wish to embrace and manage change.

Objectives of the Course

1. To share the conceptual model informing Chiron’s approach to coaching.
2. To introduce participants to techniques for use in coaching
3. To facilitate participants thinking in developing their own coaching practice.

Areas to be covered:

1. Introduction to coaching
2. Introduction to narrative theory
3. Using narrative ideas re-author lives
4. Developing questioning and listening skills
5. Selecting appropriate resources/exercises to use as a coach

Method of teaching:

Seminars
Practice of techniques
Role play
Case discussions

Length and Structure

This is a 3 day course, delivered over 6 half-days

Course dates: This course is run several times a year, please contact us for the next scheduled dates.

Cost: £650. Payment can be made in two instalments: £350 on receipt of letter of acceptance on the course and £350 the following month.

Course Tutor: Dr Sharon Bond

Please complete the short courses application form on the Training page of the website and email as an attachment or post it to us at the address above.

If you would like to discuss the course before applying, please contact us on 020 8257 7915 or 07941 730 477.

RELEVANT EXPERIENCE

Please give detail of any experience you think relevant to this application, beginning with the most current.

FEES

Payment is due on receipt of a letter of acceptance on the course.

Payment may be made for the full amount or in two monthly instalments of (1) £350 and (2) £350

If you chose the instalment option the first payment of £350 is due on receipt of letter of acceptance confirming you place on the course. A second payment of £350 will be due for payment one month later.

Please complete this form in full and post to the above address with deposit as appropriate.