

# Relational Process 2010/11

## A Core Study Course

This course is an essential part of the training for the Diploma in Humanistic and Integrative Psychotherapy, and forms two units of Module 2 in the MA in Humanistic Integrative Psychotherapy programme with Middlesex University.

This course is designed to build on the work of earlier stages of the training, which introduce person-centred and object-relational theories and equip the student to begin to practice professionally and ethically. Students are now working in private practice with training clients, and this course provides support for furthering theoretical understanding but with a particular emphasis on translating that into effective work in the therapeutic setting. In earlier stages general listening skills are developed. Here, there is a focus on listening for how the client is structuring her understanding of herself and her world, as revealed principally in the interaction between client and therapist, while being aware also of how the therapist's own contribution may help rather than hinder the client's progress. Students will be encouraged to form their own integration from theory taught and explored in this module.

### Syllabus

- Working with relational process
- The dialogical perspective
- Rogers and Buber: the elements of dialogical relating
- Hycner and Jacobs: The healing relationship
- Teicholz: The intersubjective perspective: postmodern psychoanalysis
- Kohut revisited: how selfobject support enables development; the dialectic between fear of trauma re-enactment and the hope of selfobject provision
- Stolorow, Atwood and Trop: The role of impasse theory in apprehending and working with traumatised
- Whewey: 'The dialogical heart of intersubjectivity'; The practice of dialogical relating as provision of a good emotional environment
- Winnicott: How development is disrupted by environmental failure

### Reading list:-

Hobson R. F. (1985)	<i>Forms of Feeling: The Heart of Psychotherapy.</i>	London, Tavistock
Hycner R. and Jacobs L. (1995)	<i>The Healing Relationship in Gestalt Therapy: a dialogical/self psychology approach</i>	New York, The Gestalt Journal Press
Stolorow R. and Atwood G. (1992)	<i>Contexts of Being</i>	Hillsdale, N.J, The Analytic Press

### In addition :

Anderson H. (1997)	Conversation, Language and Possibilities: a postmodern approach to therapy	New York, Basic Books
Buber M. (1922)	I and Thou	London, Collins/Fontana
Friedman M. F. (2002)	Martin Buber: the Life of Dialogue (4th edition).	Edinburgh, T and T Clark

Orange D. M. (1995)	Emotional Understanding: Studies in psychoanalytic epistemology	New York, the Guildford Press
Rogers C. (1951)	Client Centred Therapy	New York, Routledge
Rogers C. (1990)	The Carl Rogers Reader	London, Constable
Eds: Kirschenbaum H. and Henderson V.		
Teicholz, J Guss (1999)	Kohut, Loewald, and the Postmoderns: A comparative study of self and relationship.	London, Constable
Wheway J. (1999)	'The Dialogical Heart of Intersubjectivity' (Chapter seven) in Mace (ed) Heart and Soul: the therapeutic face of philosophy.	Hillsdale, N.J, The Analytic Press
Ed: Mace C.		
Winnicott D. (1965)	The Maturation Processes and the Facilitating Environment	London, Routledge
Winnicott D. (1971)	Playing and Reality	London, Karnac Books

## Assessment

Two written assignments demonstrating clinically and theoretically the student's personal integration of Relational Process.

**Rae Howling** has an MA and Diploma in Humanistic and Integrative Psychotherapy and is registered with UKCP. She has also trained as a teacher, social worker and family therapist and works as a trainer, supervisor and therapist in Bristol and Bath.

## Dates and Fees

Applications from BCPC students in or entering Stage 2 (previously called 4P) are not subject to further selection criteria. Applications from other potential registrants will be subject to selection by the tutor (please contact the office for the relevant form). Please note that there are a maximum of only 8 places in 2010/11.

We regret that we do not accept people onto this course if the tutor is your therapist.

**Tutor:** Rae Howling  
**Times:** 10am – 4.30pm  
**Dates:** A **13 week** course - Fridays, 10am - 4.30pm.  
**2010:** 8 & 22 October, 5 & 19 November, 3 December,  
**2011:** 14 & 28 January, 11 February, 11 & 25 March, 6 & 20 May, 17 June

**Venue:** BCPC  
**Fee:** £900  
 Full fee or £200 deposit due by 2 July 2010 (cheques payable to 'BCPC')  
**Instalments option:** deposit of £200 followed by 10 monthly payments of £80

## General Information

Whilst every effort is made to ensure that the course information sheet is correct, BCPC cannot be held responsible for any errors or alterations that become apparent after publication.

**BCPC reserves the right to cancel courses if numbers are too low to make the course viable, either from a learning or a financial perspective. Acceptance of a place on a course is a contractual commitment to pay the full fee and refunds are not given after the payment deadline.**