

Therapy Session Masterclass (TSM) Series: The Couple Outside the Room: Video Course

Kathleen Mates-Youngman & Dr Jan McGregor Hepburn

Video Course
CPD/CE credits: 3

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

As therapists, when working with couples, an all too familiar conundrum is the **absence of the client's partner in the consulting room**. This brings forth a number of challenges:

- Is the one-sided narrative reliable? How do we account for the *other side of the story*?
- How do we compensate for the non-observable *couple dynamic* and patterns of interaction between partners?
- Will therapeutic change endure if one partner is not involved in the process?

At this therapeutically oriented and highly-interactive seminar, Kathleen Mates-Youngman, author of best-selling *Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Couples*, specifically confronts these questions and **demonstrates through a client session, how she navigates through these challenges to provide effective therapy**. She will also address case vignettes brought in by delegates, covering a wide gamut of couple therapy challenges ranging from conflict to infidelity.

The seminar is part of our newly launched Therapy Session Masterclass (TSM) Series and follows the format described below.

Therapy Session Masterclass (TSM) Series

“*What would you have said to the client in this situation?*” is a question that delegates often ask the speaker when attending training sessions hosted at nscience. While, as therapists, we can learn a lot from exposition and case illustrations, our learning can be significantly enhanced if we were to have the **opportunity to watch senior clinicians and experts in their therapy sessions with clients** – we can observe how they manage the narrative, how they respond to complex situations, what overall approach they follow and their individual format for therapeutic interactions.

With this approach in mind, we've launched the Therapy Session Masterclass (TSM) Series – a regular programme of evening sessions (each of which can be individually attended as a stand-alone event), moderated



and led by Dr Jan McGregor Hepburn, where we will be inviting leading experts in Psychotherapy & Counselling – to let us observe them in clinical settings. Each of the sessions will have dedicated time for a demo therapy session (either video recorded or a live role-play), which will be followed by moderated interactions with delegates. Not only will delegates have the opportunity to see the invited experts in clinical settings but will also **have a chance to quiz the expert on their choice of therapy methods.**

As participants, we can also **bring our own brief case vignettes** that may be related to the topic at hand. A selection of these will be discussed by the invited expert.

For the first session (TSM 1) which is an online webinar on 18 Nov 2021, our invited guest is Kathleen Mates-Youngman, author of best-selling *Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Couples*. The live role-play will feature an interaction with a client who is attending the session on her / his own without their partner. The therapist will be called upon to 'piece together' a narrative for Couple Therapy without having the opportunity to meet / talk with the partner. This is a dilemma we often face in our therapeutic interactions and at the session, we will be able to observe how Kathleen navigates the challenge.

About the speakers

Dr Jan McGregor Hepburn has a background in Social Work Management and Psychoanalytic Psychotherapy and is a trainer for the North of England Association for Training in Psychoanalytic Psychotherapy. She held the position of Registrar of the British Psychoanalytic Council from 2005 to 2020 and chairs the Professional Standards Committee. She is the author of several papers, most notably those published in the British Journal of Psychotherapy and European Psychotherapy Journal. She has presented papers at conferences and devised and facilitated both seminars and workshops on a variety of subjects to both management dynamics and clinical topics.

She is part of the ScopEd project which is the collaboration between BACP, UKCP and BPC to map the core competencies for clinical work. She is on the Reading Panel of the British Journal of Psychotherapy and has a doctorate from the University of Northumbria. Her latest book: *Guilt and Shame, A Clinician's Guide* is out now with *nscience publishing house*.

Kathleen Mates-Youngman, M.A., LMFT, is a Licensed Marriage and Family Therapist/Author/Speaker/Yoga Teacher, with a private practice in Southern California specializing in Couples Therapy. She is the author of best-selling *Couples Therapy Workbook: 30 Guided Conversations to Re-Connect Couples*, and *Family Therapy Workbook: 96 Guided Interventions to Help Families Connect, Cope and Heal*. She has conducted a number of seminars on wide-ranging topics including infidelity, repairing ruptured relationships and the Art and Science of Couples Therapy.

She is married with three children and combines real-life experience with clinical expertise to help clients navigate the complex challenges arising in marriage and family life.

© **nscience UK, 2022 / 23**

There is no known commercial support for this program

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: customerservices@nscience.co.uk

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



nscience UK is approved by the American Psychological Association to sponsor continuing education for psychologists. nscience UK maintains responsibility for this program and its content.