

Working with Couples and Depression

3, 7 and 10 July 2023



3-Day CPD on Couple Therapy for Depression including clinical techniques for working with depression and couple relationships

A private practitioner training suitable for non-NHS couple therapists and counsellors

This three-day training course outlines a time-limited integrative approach for working with couples who are experiencing both relationship distress and depression. Training is based around an effective, 20-session model called Couple Therapy for Depression (CTfD) which was commissioned by the NHS in 2010 for use in its Improving Access to Psychological Therapies services.

Includes
3 supervision
consultations
after the
course

Course aim

The course offers 18 hours of CPD over three days. Participants will gain a working knowledge of a brief, evidence-based approach to working with couples who suffer from depression, to support and enhance their existing therapy skills.

Please see application form for full outline of the course components.

Location: London Face-to-Face and Online

Fee: £750 (£675 if booked by Friday 2 June 2023)

[Book now](#)

 020 7380 8288

 ctfd@tavistockrelationships.org

 <https://tavistockrelationships.org>



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Course details

The course is taught by Kate Thompson and Velia Carruthers and is designed for counsellors, psychotherapists, psychological therapists, psychologists and systemic therapists who would like to extend their practice to work with couples where one or both are diagnosed with depression. To attend the course, clinical experience with couples is expected.

This interactive course – of lectures, group exercises, clinical case discussion, films and role plays – provides an overview of depression and explores the ways in which therapists can reduce damaging interactions between couples, build emotional openness, improve communication and behaviour, change unhelpful cognitions and perceptions, and help the couple cope with the ordinary and not so ordinary stresses of daily living.

The CTfD model

Couple Therapy for Depression (CTfD) is an integrative–behavioural model which focuses on the relational aspects of depression, reducing stress and increasing support within the relationship. It has been developed by identifying best practices in a range of behavioural, cognitive, emotionally–focused, systemic and psychodynamic couple therapies evidenced in RCT effectiveness trials.

About the course leaders

Kate Thompson is Tavistock Relationships' Head of Couple Therapy for Depression, Projects and Business Development. She is a qualified couple psychoanalytic psychotherapist and is registered with BPC and BACP. In addition to her clinical and training responsibilities, she has co-edited *Engaging Couples: New Directions in Therapeutic Work with Families*, alongside Chris Clulow and Andrew Balfour, published by Routledge.



Velia Carruthers is a couple psychodynamic psychotherapist and psychosexual therapist. She is Training Team Leader for CTfD, delivering trainings and supervising NHS therapists. Alongside this role, Velia sees clinical cases within Tavistock Relationships' general and psychosexual services, as well as within the Mentalization–Based Therapy team. She also has a private practice in London. Velia is registered with BACP and COSRT.



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