



Short Term Counselling

“The aim of every moment of every session is to put the patient in touch with as much of his true feelings as he can bear.” David H Malan (1997)

The ability to provide effective counselling over the course of a few sessions is an essential requirement for counsellors and therapists seeking employment within the NHS, voluntary sector, student counselling services or employee assistance programmes. This workshop provides a two-day intensive introduction to the theory and practice of Time-Limited Counselling and Psychotherapy, with a particular focus on key principles of brief dynamic therapy.

The weekend combines theoretical input, experiential work, group supervision and opportunities to experience time-limited work from both the client's and therapist's point of view. We will be examining our attitudes towards time and considering the merits or otherwise of time-limited approaches versus longer-term work. A large portion of the weekend will be given over to working with the concepts of the Triangle of Conflict and Triangle of Person – as developed by David Malan and his associates at the Tavistock Clinic in the 1960's and 70's. En route, we will revisit our understanding of transference, counter-transference and psychological defences. There will also be input on client assessment and contracting for time-limited work.

Like time-limited counselling itself, the workshop aims to make best use of a limited, known number of hours contained within a firm time boundary. It therefore demands a high level of focused participation from attendees. Where possible, participants should be prepared to present their work with clients for discussion in the group.

Tutor: Peter Lewis

Peter Lewis BA, MA, DipPsychotherapy, DipSupervision, BACP Accred, UKRC. Peter trained as an integrative psychotherapist at The Minster Centre in London. For a number of years, he supervised and trained counsellors and social work students at ChildLine. Subsequently, he held senior practitioner and managerial roles at a young people's counselling agency in East London. Peter now works as a counsellor in an NHS brief therapy service and as a therapist in private practice. A qualified clinical supervisor, he also supervises for Mind and facilitates skills development groups for The Minster Centre.

For more information, course dates and prices please contact us:

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