

Training provided by UK services

The following list of UK-based training services is compiled from EIF research published in [‘Exploring parental relationship support: A qualitative study’](#). It is illustrative rather than exhaustive.

Provider	Training	Description	Target group
Care for the Family	Supporting Couples Workshops	Provides informal training typically to people who work/volunteer in church to increase confidence and skills to speak about relationships. Uses Care for the Family’s online resources.	Mainly volunteers and workers in the church
	Let’s Stick Together Training	Training to learn how to provide relationship support to recent parents to prevent relationship breakdown. Centred on three principles: stop bad habits, build up good habits (Professor Gary Chapman’s five love languages), and working together as a team. Has specialist in house team that delivers training.	Nurses, social workers, church, schools, voluntary sector, general public
Marriage Care	Certificate in Relationship Counselling	Training course to enable those attending to make the transition from counselling individual clients to counselling couples and to work ethically and effectively as Relationship Counsellors with Marriage Care.	Counsellors wishing to be able to offer relationship support/counselling to couples
OnePlusOne	Brief Encounters Relationship Support	Relationship support delivered by trained frontline practitioners (including Midwives, Health Visitors, Sure Start Children Centre Workers, and other public sector workers) who work closely with mothers and couples in the transition to parenthood.	Midwives, health visitors, parent supporters
	Brief Encounters: Skills Training	Training programme for managers whose employees turn to them for relationship support.	Managers in workforce
	How to Argue Better (training)	Three-part training programme for practitioners to help couples argue better. Includes online learning programme, face-to-face workshop, and ‘how to argue better’ online course provided through The Couple Connection. The latter part is an online course for the public on how to argue better and is intended as a source of referrals for practitioners. The training course has a particular focus on providing relationship support to parents.	Range of practitioners

	Relationship Support: an Early Intervention	Course providing practical framework and tools to help midwives support those parents experiencing relationship difficulties.	Midwives
	Supporting Couple Relationships in General Practice (collaboration with Royal College of GPs)	30-minute online course including online resources, self-help guides and relevant information to help GPs and nurses recognise and signpost patients whose relationships are in distress.	GPs, nurses
Relate	Training & Education Services	Provides a range of training aimed at individuals, parents, workplace groups and counselling practitioners. Training varies from one local Relate area to another. Recurrent training programmes include counselling skills for non-counsellors, and Being Parents Apart, a two-hour information session for couples who have just started to separate.	Individuals, parents, workplace groups and counselling practitioners
Tavistock Relationships	Introduction to Couple Counselling & Psychotherapy	Introductory course provided with the UEL on how to provide couples counselling and psychotherapy. Those that pass the course are eligible for the Masters programme to become qualified coupled therapists.	Wide range of professional backgrounds with little or no experience
	Certificate in Psychosexual Studies	Course provided with UEL consisting of eight full-day workshops aiming to give greater expertise on giving advice on sexual relationships. It focuses on thinking about relationships and sex and applying this understanding to participants' work. The course involves lectures, films, role play and discussion, and covers sexual behaviour and sexual dysfunctions.	Counsellors and psychotherapists, youth workers, GPs and other healthcare professionals who want to develop their expertise in addressing sexual issues with clients
	MA: Couple Psychoanalytic Psychotherapy	Clinical training programme provided with UEL lasting four years on how to provide couple psychoanalytic psychotherapy. Provides route to doctorate in couple psychotherapy. Leads to professional membership in the British Psychoanalytic Council.	Required to have first degree or relevant professional qualification as well as several years' experience in relevant profession
	MA: Couple & Individual Psychodynamic	Three-year course provided with the UEL that provides a psychodynamically informed training to practice as a psychoanalytic couple and individual counsellor.	Required: either first degree, relevant professional qualification, work experience, or introductory

	Counselling/ Psychotherapy		course in Couple Counselling & Psychotherapy
	MSc: Psychosexual & Relationship Therapy	Four-year course provided with UEL on how to provide Psychosexual and Relationship Therapy. Provides qualification to practice as psychosexual therapists in statutory, voluntary sectors and private practice.	Required: first degree, relevant professional qualification, relevant work experience, or introductory course in Couple Counselling & Psychotherapy
	Tavistock Relationships' IAPT Couple Training	Nine-month course to teach practitioners and therapists how to provide couples training in IAPT commissioned services. Consists of five days of formal teaching and nine months of fortnightly supervision. Successful completion of the programme provides accreditation as a 'Couple Therapy for Depression IAPT Practitioner'.	Experienced practitioners and therapists, ideally in IAPT commissioned services
	Couple Therapy for Depression Supervisor Training	This course teaches practitioners how to supervise couples therapy for depression training/ It has two main parts: a one-day review of the model and its assessment, followed by six months of consultation.	Accredited Couple Therapy for Depression IAPT practitioners
	Professional Doctorate in Couple Psychotherapy	Professional Doctorate provided with UEL aiming to give practitioners in the field of psychoanalytically-oriented couple psychotherapy in advanced research skills and understanding. Allows practitioners to make an original contribution to the field.	Qualified couple therapists
Working with Men	Practitioner training	Programme designed to educate and improve confidence in engaging with fathers and male carers and understanding the issues faced by this group. It covers topic such as masculinity, dynamics of minority groups, relationships, service provision and design.	Professionals across health, early years, social care, youth and community settings, education