

Time2relate Couple Counselling Diploma

Case Study.

The main aim of the case study is for you to show how much you have integrated of the methodology of the couple counselling training, including the use of metaphor and imagination, in a way that is coherent with and relevant to a couple with whom you have worked. The style needs to be that of an extended supervision presentation. This would include presenting issue of the couple, relevant individuals history, and your hypothesis and clinical thinking on your approach. The emphasis is on your craft rather than the theory, although your ability to use theory to reflect on what you are doing and enable you to think more widely and deeply is important.

From a theoretical viewpoint, you should include what your thinking about the couple was, how this developed or changed over time, what models you used to frame your thinking and how you used the arts. You do need to be able to demonstrate a good-enough understanding of the relevant models that you used and how they fitted the couple.

You do not need to convince us of your correctness, but rather:

- a) what the rationale was for the method you used
- b) how the work evolved as you learnt about the couple
- c) how you changed your perception.

Central to this process will be an understanding that you are telling of a story. It needs to give us a feeling of the effect of the therapy. We do not want the pseudo scientific paper in which the real work remains invisible and what is shown is the proving of a theory. Instead what you need to show is how the work developed, including your learning through your mistakes as you adapted to the specific needs of this unique couple.

You could show evidence of:

- a) recognising blind spots after they became apparent
- b) how you reflected on and learnt through mistakes
- c) how you made use of supervision.

You may want to give attention to the phases of relationship, the life-death-life cycle, the labyrinth, and what you saw as the soul or third being that is the relationship itself as opposed to the individuals involved, You may highlight the changing contexts within each relationship phase, and how you responded differently to the couple within different phases. You need to reveal some detail of the process as it occurred, relating it to different phases such as making conscious bonding patterns and reworking the history and changes in existential experience. Choose your transcript to exemplify particular points or from

which you can describe your own feelings, thoughts, difficulties and insights. In terms of using the arts and nature, you need to demonstrate some understanding of the therapeutic use of metaphor and imagination, and the potential of the creative process to bring insight and change. You can draw on relevant reflections on the use of image and metaphor within the sessions, in your personal reflections and in supervision. This might include exploration of appropriate art forms, the effectiveness, or otherwise of creative interventions, grading of experiments and exploration of the healing power of image. Reflections on your personal and clinical experiences of the arts can be used to support and illustrate your theoretical discussion. Please reference all your quotes and paraphrasing in a systematic manner with a bibliography at the end. The Harvard method is preferred.

The case study should be [3500 - 4000](#) words and we recommend that **it** is with a couple with whom you have worked for at least 6 sessions.