Advanced Relational Practice: Deepening Clinical Mastery: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced Relational Practice: Deepening Clinical Mastery: Facilitator Pack

Teaching the course to a group

A facilitator pack · 7 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Advanced Relational Practice: Deepening Clinical Mastery” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 3. This printing was set on 9 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Advanced Relational Practice: Deepening Clinical Mastery 4
2. Planning the sessions 6

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced Relational Practice: Deepening Clinical Mastery” to a group: a session for each of its 7 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 7 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Advanced Relational Practice: Deepening Clinical Mastery

Welcome to Advanced Relational Practice: Deepening Clinical Mastery, a comprehensive thirty-hour continuing professional development programme designed specifically for experienced counsellors, psychotherapists, and psychological wellbeing practitioners seeking to elevate their clinical work to an advanced level. Grounded in contemporary relational approaches, attachment theory, and intersubjective systems, this rigorous curriculum bridges complex developmental theory with nuanced, in-the-room clinical intervention, integrating neurobiologically informed trauma models with third-wave cognitive behavioural and acceptance-based frameworks. Throughout this immersive learning experience, practitioners will refine their ability to work with intricate psychological presentations, moving beyond protocol-driven work to master the living, breathing relational matrix of the therapeutic encounter.

The curriculum is structured across seven core modules that systematically examine the multifaceted dimensions of relational practice. The first module, Advanced Relational and Intersubjective Frameworks, explores the profound paradigm shift from one-person to two-person psychology, examining how co-created dynamics, mutual regulation, and intersubjective fields shape the therapeutic space. Building upon this foundation, Mastering the Therapeutic Use of Self deepens the practitioner's capacity to recognise, tolerate, and judiciously use countertransference as a primary diagnostic and therapeutic instrument, turning internal emotional responses into vital clinical data. In the module dedicated to Developmental Trauma and Attachment Re-enactments, learners integrate modern attachment theory and neurobiology to understand how early relational deficits manifest as repeating relational patterns in adulthood, allowing clinicians to intervene with precision when clients recreate past dynamics in the consulting room.

Clinicians will also study Navigating Alliance Ruptures and Repair, which provides advanced micro-skills for identifying subtle micro-ruptures and facilitating transformative repair processes within the therapeutic dyad, thereby strengthening the working alliance during moments of clinical impasse. Working at the Edge: Affect Regulation and Dissociation focuses closely on pacing, titration, and window of tolerance stabilisation when working with severe affective dysregulation, fragmentation, and structural dissociation, ensuring practitioners can safely navigate high-arousal and low-arousal states without causing retraumatisation. Furthermore, Ethics, Power, and Complex Boundaries examines the subtle intersections of power, privilege, institutional dynamics, and complex boundary management in contemporary practice, encouraging clinicians to interrogate the Social GGRRAAACCEEESSS and their impact on the therapeutic relationship.

The final module, Deliberate Practice and Reflective Clinical Mastery, anchors the entire programme in experiential learning, utilising targeted rehearsal, video review, and structured feedback loops to foster sustained skill acquisition. By the conclusion of this thirty-hour CPD course, practitioners will possess an enriched conceptual vocabulary, enhanced somatic

awareness, and a refined clinical repertoire capable of holding profound therapeutic change in complex cases.

By the end of the course, participants will be able to

- Critically evaluate and apply advanced relational and intersubjective frameworks to complex client presentations.
- Master the therapeutic use of self through sophisticated navigation of countertransference and parallel processes.
- Integrate neurobiologically informed attachment theories into clinical assessment and intervention strategies.
- Effectively identify, hold, and work through ruptures and repairs within the therapeutic alliance.
- Implement trauma-informed interventions that balance stabilization with deep affective processing.
- Maintain robust ethical, legal, and boundary management in high-complexity and high-risk clinical scenarios.
- Utilize deliberate practice and clinical supervision models to sustain lifelong reflective practice and prevent burnout.

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 7 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 30 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Advanced Relational and Intersubjective Frameworks	5	210 minutes
2	Mastering the Therapeutic Use of Self	5	210 minutes
3	Developmental Trauma and Attachment Re-enactments	5	210 minutes
4	Navigating Alliance Ruptures and Repair	5	210 minutes
5	Working at the Edge: Affect Regulation and Dissociation	5	210 minutes
6	Ethics, Power, and Complex Boundaries	5	210 minutes
7	Deliberate Practice and Reflective Clinical Mastery	6	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.