The Working Alliance in Depth: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



The Working Alliance in Depth: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “The Working Alliance in Depth” 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 2. This printing was set on 3 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “The Working Alliance in Depth” to a group: a session for each of its 3 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 3 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 The Working Alliance in Depth

Decades of outcome research keep returning the same finding: the quality of the working alliance predicts outcome more reliably than the therapist's chosen model. This course takes that finding seriously. It is written for practitioners who have the core skills and now want to work deliberately with the relationship itself: to build the alliance, monitor it, strain it purposefully when honesty requires, and repair it when it tears.

You will study Bordin's three components, agreement on goals, agreement on tasks, and the bond that carries them, and learn to monitor the alliance in session rather than assume it. You will practise immediacy and congruent challenge: how to say difficult, true things inside the relationship in ways that deepen rather than damage it. The second module addresses the relational questions that most exercise modern practice: working across culture, identity and power with genuine cultural humility, and the disciplined use of self, including when disclosure serves the client and when it serves only the therapist.

Substantial written lessons with key points and applied practice tasks, supported by a study tutor throughout. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

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

- Explain the working alliance in Bordin's terms: bond, goals and tasks, and monitor all three in live work
- Notice strain and rupture in the alliance and repair them openly and non-defensively
- Work with what happens between counsellor and client as information about the client's wider relationships
- Use immediacy, appropriate self-disclosure and challenge in the service of the client's goals
- Adapt relational depth to the client's readiness while keeping the work purposeful
- Use supervision to examine your contribution to the relationship, including countertransference in its broad sense

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 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	Part 1: Bordin's three components and alliance monitoring	5	195 minutes
2	Part 2: The Role of Rupture-Repair Cycles in Deepening the	5	195 minutes
3	Part 3: Managing Cultural Countertransference and the Ther	4	195 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.