# Advanced Relational Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



# Advanced Relational Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

**TALKING THERAPIES UK**

First edition · 2026

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

Copyright © 2026 Talking Therapies UK. All rights reserved.

The moral right of the author has been asserted. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the publisher, except for brief quotations in a review, and except that the licensee may copy the session plans, the attendance register and the evaluation form for the groups they run.

First edition, 2026.

This pack accompanies the course “Advanced Relational Practice” 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 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 4
2. Planning the sessions 5

# How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced Relational Practice” to a group: a session for each of its 4 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 4 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

There is a level of relational work that technique alone cannot reach: moments of relational depth that clients describe years later, enactments in which the relationship itself begins to replay the client's difficulty, and the sobering recognition that the therapist's own wounds are both instrument and hazard. This course works at that level, for experienced practitioners ready to examine their practice honestly.

The first module studies what the deepest therapeutic moments are made of and the conditions that make them possible, then turns to enactment: recognising when you have been recruited into the client's pattern, and how naming it from within becomes the most potent intervention available. The second module examines the practitioner as instrument: the wounded healer tradition and its double edge, the craft and ethics of endings, and the honest handling of the power that the therapeutic role confers whether acknowledged or not.

This is reflective, sometimes uncomfortable material, taught in four extended written lessons with key points and practice tasks that ask real questions of your own work, with a study tutor available for what they raise. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Practise relationally at depth, working with process as it unfolds moment to moment in the room
- Formulate clients' relational patterns and use the live relationship as the arena of change
- Work confidently with strong affect, hostility, idealisation and dependency without retaliating or withdrawing
- Integrate person-centred, relational and existential perspectives coherently rather than eclectically
- Maintain therapeutic presence under pressure, and repair your own empathic failures as they happen
- Evaluate the evidence on relationship factors and apply it to how you practise

## 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

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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 | Deep Relational Dynamics and Therapeutic Enactments | 5 | 210 minutes |
| 2 | Implicit Relational Memory and Attachment Patterns | 5 | 210 minutes |
| 3 | The Therapist as Instrument and Ethical Authority | 5 | 210 minutes |
| 4 | Power, Culture, and Supervision in Relational Practice | 4 | 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.