Counselling Couples and Families: A Person-Centred Approach
Facilitated by Charles O’Leary

Charles O’Leary will offer a two day workshop on counselling couples and families that will include many updated features of past workshops, and reflection on forty years as a person-centred couple and family therapist.

To be presented, demonstrated and explored:
• Rogers’ six conditions applied to relationships
• Active as well as client-centred therapist involvement
• Common factors in all good therapy and unique to client-centred therapy
• DVDs of client sessions plus in-room demonstration of work with difficult clients
• Revised list of O’Leary’s tasks of person-centred couple and family therapists, including the roles of translator, moderator and host.

EXPANDED CONTENT for participants’ self-discovery:
• The counsellor’s inner dialogue: facing fear and inadequacy as well as over confidence and control; the search for confidence that includes humility
• Dialogue between the counsellor and their role models, including Carl Rogers
• Reflection on your own past, current and future clients and the person you bring to meet them
• Five ways to be unhelpful as a person-centred couple and family therapist and six ways to be helpful
• The counsellors’ life-cycle: advantages of being a beginner, in mid-career and in later career.

Charles O Leary has a sensitive, respectful, caring and accepting way of being, which encourages people to access, and ultimately to communicate, their personal thoughts and feelings.

“He inspires me to be the best I can with the clients I work with.”
Fiona McCarthy, Director, Counselling Centre at Knock Shrine, Ireland

“Charlie O’Leary has a powerful reputation as a family therapist and as a teacher of family therapy. Above all, he is an observer of families and family life whose commentary on what he observes combines truth and humor in a fashion which might be likened in British terms to John Cleese with a doctorate in therapy.”
Dave Mearns

Charles is the author of The Practice of Person-Centred Couple and Family Therapy (Palgrave McMillan, 2012) and Counselling Couples and Families: A Person-Centred Approach (London, 1999), the first book to integrate Carl Rogers’ therapeutic conditions with couple and family therapy. During the early 1970s he studied at, and was a member of, the Center for Studies of the Person, alongside Carl Rogers. He regularly teaches family and couple work in the US, Austria, UK, Ireland, Germany, Argentina and Italy. A Clinical Fellow of the American Association of Marriage and Family Therapists, Charles has a private practice in Denver, Colorado.

Cost: Early Bird - £190 up to 25 February 2018
£230 thereafter / Lunch is included in the cost
Register online at https://charles-oleary-2018.eventbrite.co.uk
or email audrey@greenwoodevents.co.uk for further information