

## **Embodied-Relational Therapy**

**16th Training, starting June 2025**

### **Application Questions**



**We ask you to read and consider these before arranging an informal interview with us.**

- What are your dreams/goals/expectations/aims for the course? How do you hope to change?
- Do you have any worries or fears about the training that you'd like to share?
- It would help us to decide if this is the right course for you if you can let us know about your experience as a client in one-to-one therapy? Are you currently in therapy?
- What are your learning edges professionally/ personally?
- What personal and professional support do you have in place for the duration of the training?
- Can you make all the dates?
- What has been your experience of training, and of group process?
- We expect participants to be committed to ongoing learning about anti-oppressive practice and we will ask you about this when we speak.
- During the 2 years, we will be encouraging you to deepen your awareness of your own experiences of power, privilege and marginalisation – the ways in which discrimination and privilege play out both in our bodies, and the bodies of those we work with. As you read this, what do you notice in your body?
- Please can you let us know if you have any access needs that you would like us to take account of? Particularly in terms of our delivery of the training.
- Finally, do you have any questions about the course that you would like to ask us?
- Other topics to address in the mutual interview:
  - -Relationship with ERTA
  - -ERTA graduates joining on the second year and potentially teaching
  - -Routes into the training for trainers and training collective
  - -Whether you have a particular project or change (perhaps in your life or work) that the training might be a vehicle or container for...
  - -Preferred pronouns
  - -Anything else you'd like to talk through or for us to know
  - -Money

Please note that:

- The 2025 training is a training in Embodied-Relational Therapy. The first and second year will each consist of five residentials.
- On the second year, a small number of ERT graduates are likely to join us for revision and training update, and to potentially join the training for trainers modules and help co-create the training collective. All will be expected to join the first residential of the advanced year, so that you get to meet everybody at the beginning of that year, therefore the first residential is likely to be a slightly larger group.
- There will be times when we will be encouraging trainees to step into leadership and training roles within the group. We will be making space to explore the inherent complexity of groups and roles.
- The training is also a route into the Training for Trainers modules (See the Course Information sheet for a little more on this) - we hope it inspires you to consider joining with us in co-creating the new ERT Training Collective, which will be leading and developing the ERT training from 2027 onwards.

*The 2-year modular ERT training is postgraduate, for people already qualified in counselling, psychotherapy or therapeutic bodywork; we occasionally accept someone who is not qualified as a counsellor or psychotherapist but who has relevant qualities and experience, on the understanding that this training alone will not lead to accreditation as a psychotherapist or counsellor.*

*Our experience is that having training groups made up of people from a wide range of modalities, with a wide range of experiences and qualifications enriches the learning experience for us all.*

## **APPLICATION PROCESS DATES**

**PLEASE NOTE: The application process is now open - simply send us an email to apply.**

**We will be offering interviews for places on the course from Monday 6th January 2025 onwards, and will be allocating places on the training from Thursday 27th March.**

Do feel free to contact us with any questions or queries in the meantime.

**THE CLOSING DATE FOR BOOKING FORMS is 1st May 2025**