

USING THE PERSON CENTRED APPROACH TO
COUPLES COUNSELLING WHEN ONE OF THE
COUPLE IS ALSO AUTISTIC

- ALLAN TURNER &
KATE STUBBINGS



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Learning Together Online

Resource Guide

About Allan Turner

MBACP Senior Accredited, UKRC Registered Independent Counsellor and Psychotherapist

Allan is an MBACP Senior Accredited Counsellor/Psychotherapist who started counselling in 1980. He is a counsellor, psychotherapist, and supervisor with over 18,000 hours of experience. He has also held senior roles with international insurance companies, was a Chartered Insurer and thus has a unique combination of commercial and clinical experience. He is particularly interested in couples-counselling, Aspergers, critical incidents, and trauma, although his broad experience means that he has many areas of interest. Allan was a founder director of the company in 2002.

He has written on the subject of Person-Centred Approaches to Trauma, Critical Incidents, and Post-Traumatic Stress Disorder and chapter three of "[Client Issues in Counselling and Psychotherapy](#)", edited by Janet Tolan and Paul Wilkins. This is a Sage publication

Allan is the Clinical Director of [Counselling Works Ltd.](#)



Allan Turner



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About Kate Stubbings

MBACP Senior Accredited, UKRC Registered Independent Counsellor and Psychotherapist

Kate is also an MBACP Senior Accredited Counsellor and Psychotherapist who has more than 8,000 hours of counselling and supervision experience gained with a broad range of clients which she acquired at Counselling Works, in private practice, and previously as a Primary Health Care counsellor within the NHS. In addition to work with individuals, a considerable amount of Kate's work is with couples which is of particular interest to her as is the subject of Asperger's Syndrome. Her long experience in business meant that she was able to bring exactly the commercial and counselling mix of experience the company needed to strengthen its executive team when Kate became a director in 2004.

Kate is coordinator of the [Milton Keynes Rogerian group](#). These meetings are for Person-Centred Counsellors and Psychotherapists who are interested in exploring theory and practice. She formed this group in 2004 to give support, networking opportunities, learning, and development to person centred counsellors/trainees.



Kate Stubbings



Event Details

How can the 'non-directive' person-centred approach be used in couples counselling? Turns out that it fit like a glove.

Allan and Kate have run a 6 day training course for Accreditation level counsellors for the last 10 years, the next course is the 29th. They are both experienced couples counsellors who who are passionate about their work with couples and the PCA.



Courses

Counselling Works offers Advanced Post Diploma training and CPD workshops for counsellors and psychotherapists in Milton Keynes and other areas in the UK by arrangement. We are also able to offer any of our courses in-house to other organisations. These may include corporate providers (Critical Incident), training organisations and local counselling groups (our CPD workshops).

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INFORMATION AND DATES**](#)



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