

INTRODUCTION TO COUPLE COUNSELLING

A Five Weekend Course for Counselling Graduates

This five weekend program provides an experiential introduction to providing a counselling presence to couple relationships. The course method will involve: demonstration, exercises in developing awareness of self in relationship, role play practice and a theoretical frames to inform effective couple counselling.

Graduation will be by the production of a video tape of an effective first couple interview with a written critique of that interview and of the counsellor's function in that interview.

WEEKEND 1

Participants will begin to explore both experientially and theoretically the nature of the couple bond and the art of being creatively present as the third person to a couple while maintaining clear self-boundaries.

This weekend will also introduce the core skills required for effective couple counselling.

WEEKEND 2

This weekend will introduce a series of theoretical models that may be used to inform couple counselling practice. Alongside of these models participants will further practice with video feedback the base skills in couple counselling and the ways in which these are shaped by the use of the theories of choice.

WEEKEND 3

This weekend will continue the processes introduced in Weekend 2

WEEKEND 4

The majority of this weekend will be an introduction to sexuality in couple relationships and ways of working with sexual difficulties from a counselling perspective. It will explore the differences between sex counselling and sex therapy. It will aim to show how the base skills can be used in couple sex counselling.

WEEKEND 5

This weekend will give a brief introduction to issues of Family Violence in couple counselling and the very different models that need to be brought into play when a couple presents with FV. The differences between counselling with couples where there is mutuality to couple where there is the threat of violence will be discussed. Participants will practice the different skills.

The weekend will complete with models of and practice in supervision for couple counselors.