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INTRODUCTION TO COUPLES COUNSELLING

DAY FOUR

WELCOME!



2 RECAP ON DAY THREE

- What might you do if a couple presents with one person on the brink of leaving the relationship & the other wanting to stay?
- At what 'stage' in their relationship do most couples enquire about couples counselling?
- What are two techniques for working with hostile couples?
- What is one technique for working with an avoidant couple?

3

QUESTION: IN WHAT CIRCUMSTANCES CAN YOU WORK WITH DOMESTIC ABUSE IN THE CONTEXT OF COUPLES COUNSELLING?

Sarah & Arthur have contacted your practice for couples counselling. In the first session, Sarah tells you that Arthur has been emotionally abusive throughout their marriage, including name-calling & shouting.

- Is it ethical to proceed in working with this couple?
- What policies might you want to have in place for the future?

4 DOMESTIC ABUSE - DEFINITION

UK Government Definition 2013

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are/have been intimate partners or family members regardless of gender or sexuality. This can encompass the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

5 DOMESTIC ABUSE

- Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from support, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour;
- Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten a victim.
- Domestic Abuse Bill 2020

6 DOMESTIC ABUSE – SOME STATISTICS FEMALE VICTIM - MALE PERPETRATOR (ENGLAND & WALES)

- Each year 1.4 million women & 700,000 men suffer abuse;
- In 2013-14, around 50% of all murders of women were DA related, whereas 7% of men were killed by their partner or ex-partner;
- Every day almost 30 women attempt suicide as a result of experiencing DA & every week 3 women do take their own lives;
- Nearly 1 in 3 women say the first incident of DA was when pregnant;
- DA is higher amongst those who have separated;
- 62% of children living in domestic abuse households are directly harmed by the perpetrator of the abuse;
- On average victims experience 50 incidents before getting help;
- Annually, over 1 million calls to the police concern DA, & someone contacts the police every 30 seconds for help.

7 DOMESTIC ABUSE – SOME STATISTICS MALE VICTIM - FEMALE PERPETRATOR (ENGLAND & WALES)

- Ratio of two female victims to every one male victim.
- In 2017/18, more male victims than female have considered taking their life due to partner abuse.
- In 2017/18, nearly half of male victims fail to tell anyone they are a victim of DA;
- In 2018/19, 16 men (80 women) were killed by their current or ex-partner.
- Refuges/safe houses: currently 37 organisations with 204 spaces, but only 40 of these dedicated to men.
- Many parts of the UK have no or limited places – London has no spaces.

8 DOMESTIC ABUSE – SOME STATISTICS LGBT RELATIONSHIPS (ENGLAND & WALES)

- DA affects at least 1 in 4 LGB people, & up to 80% trans people;
- ‘Outing’ as a method of control – abuser uses the close-knit dynamic of the LGBT community & lack of support outside the community to pressure the victim into compliance;
- DA isn’t well recognised in the LGBT community.
- Confidentiality & isolation within LGBT communities – LGBT communities are often hidden & rely on friends/relationships as support .Abuser may have tried to turn others in the community against their partner.
- Disclosure - can be hard for LGBT victims to seek help as they may not want to disclose their sexuality to police/other organisations. When they do seek help, police/other agencies may misunderstand abuse as a fight between 2 people rather than a violent intimate relationship.

9 DOMESTIC ABUSE CONTROLLING OR COERCIVE BEHAVIOUR

Section 76 of The Serious Crime Act 2015; a maximum sentence of 5 years' imprisonment;

- (1) A person (A) commits an offence if—
- (a) **A repeatedly or continuously engages in behaviour towards another person (B) that is controlling or coercive,**
- (b) at the time of the behaviour, A and B are **personally connected,**
- (c) the behaviour has a **serious effect** on B, and—
- (d) A knows or **ought to know that the behaviour will have a serious effect** on B.

10 DOMESTIC ABUSE CONTROLLING OR COERCIVE BEHAVIOUR

Examples:

- Isolating a person from their friends and family;
- Monitoring a person via online communication tools or using spyware;
- Taking control over aspects of their everyday life, such as where they can go, who they can see, what to wear & when they can sleep;
- Depriving them of access to support services, such as medical services;
- Repeatedly putting them down such as telling them they are worthless;
- Financial abuse including control of finances, such as only allowing a person a punitive allowance;
- Threats to reveal or publish private information (e.g., threatening to 'out' someone).
- Preventing a person from having access to transport or from working.

DOMESTIC ABUSE THE GREAT DEBATE

- ‘Feminist Ideology’;
- ‘Evidence Based Practice’ – researcher/academics.
- How does the answer affect whether you could start couples counselling?

DOMESTIC ABUSE DULUTH MODEL

- The **Duluth Model** or **Domestic Abuse Intervention Project** is a program developed to reduce domestic violence against women. It is named after Duluth, Minnesota, the city where it was developed. The programme was largely founded by American Ellen Pence.
- As of 2006, the Duluth Model is the most common batterer intervention program used in the USA & the UK. Critics argue that the method can be ineffective as it does not address psychological or emotional causes of abuse, in addition to completely neglecting male victims & female perpetrators of abuse.

WORKING WITH DOMESTIC ABUSE – PERPETRATOR

Feminist Ideology

- Power & control
- Accountability & taking responsibility
- Perpetrator Programmes
- No couples counselling

Evidence Based Practice

- Affect regulation (Anger management)
- Possibility of couples counselling

WORKING WITH DOMESTIC ABUSE – SURVIVOR

Feminist Ideology

- Risk assessment;
- Safety Planning
- Trauma treatment
- No couples counselling

Evidence Based Practice

- Codependency
 - Possibility of couples counselling
- 

WORKING WITH DOMESTIC ABUSE - CODEPENDENTS

- A common dynamic when working with couple domestic violence is that of 'narcissist – codependent'.
- The codependent is the starting-gate Rescuer (Karpman Drama Triangle)
- The codependent often grew up with addicted persons who needed attention. They learned to take care of the other person for their own survival. They lost touch with their own feelings & needs because their whole world was focussed on caring for the other.

WORKING WITH DOMESTIC ABUSE CODEPENDENT PATTERN

As an adult, the codependent goes through repetition compulsion where they repeat the patterns of their childhood. They seek someone with serious issues & take care of them. In this way they avoid true intimacy & avoid revealing themselves. An equal pattern of relating is unknown to them.



17 WORKING WITH DOMESTIC ABUSE COMMON COUPLE VIOLENCE

- Low level violence very common in couples seeking counselling;
- In the USA, over half the couples seeking therapy have at least some history of low-level violence;
- Involves a partner's limited capacity to self-regulate;
- Conflict may occasionally get physical, but usually no injury & no fear on either side;
- Couples therapy can be an ideal treatment for these couples.

WORKING WITH DOMESTIC ABUSE

ELLEN PENCE

Interestingly Ellen Pence wrote prior to her death:

“By determining that the need or desire for power was the motivating force behind battering, we created a conceptual framework that, in fact, did not fit the lived experience of many of the men and women we were working with. . . . Speaking for myself, I found that many of the men I interviewed did not seem to articulate a desire for power over their partner. Although I relentlessly took every opportunity to point out to men in the groups that they were so motivated and merely in denial, the fact that few men ever articulated such a desire went unnoticed by me and many of my coworkers. Eventually, we realized that we were finding what we had already predetermined to find”.

19 WORKING WITH DOMESTIC ABUSE INTIMATE PARTNER VIOLENCE

- Research has shown intimate partner violence (IPV) to be more complex than originally thought;
- There are sub-groups of batterers;
- Therefore, perpetrators do not fit one stereotype.

20 WORKING WITH DOMESTIC ABUSE SUB-TYPES OF PERPETRATORS

- Two main dimensions of violence:
 - (1) Overcontrolled v Undercontrolled; and
 - (2) Impulsive v Instrumental.
- In '*Breaking the Cycle*' Jacobson & Gottman sub-divide perpetrators into two types that follow this typology: '**Cobras**' & '**Pitbulls**'.

21 WORKING WITH DOMESTIC ABUSE COBRAS

- Traits of Anti-Social Personality Disorder: 5% of the population;
- Cool, calm & abuse their partner to demonstrate power & control;
- Heart-rate actually lowers during their violent outbursts;
- Some key indicators of Cobras:
 - Violent with a wide range of people outside the marriage;
 - Likely to have a criminal record;
 - More likely to be diagnosed with mental health problems; in particular anti-social personality disorder.
- Unlikely a cobra will come to couples counselling. If they do, couples counselling inappropriate; advise group or individual therapy & check on the safety of the victim.

22 WORKING WITH DOMESTIC ABUSE PITBULLS

- Traits of Borderline Personality Disorder;
- More emotional, jealous & often quite dependent upon their partners;
- Aggression is often fuelled by a fear of abandonment;
- Control relationship by tracking their partner's moves throughout the day;
- If the relationship ends, much more likely to stalk their ex-partner.

Depending on the nature of the violence, couples counselling might be safer with Pitbulls, as the work is not so much about power & control, but more likely to involve help around management & regulation of emotions. Check whether victim feels safe to proceed.

23 SUBTYPES OF INTIMATE PARTNER VIOLENCE: CHARACTEROLOGICAL & SITUATIONAL VIOLENCE

Another way of looking at different types of domestic abuse is to distinguish between 'characterological violence' & 'situational violence':

- **Characterological** - where perpetrator uses severe violence as a means of inducing fear & controlling the victim;
- **Situational** is mutual, low-level violence (i.e., pushing or grabbing) perpetrated by both partners as a means of conflict management.

24 SUBTYPES OF INTIMATE PARTNER VIOLENCE: CHARACTEROLOGICAL & SITUATIONAL VIOLENCE

- Characterological violence not appropriate for couples counselling; consider referral to 'perpetrator programme' such as Respect. Offer victim a risk assessment, a safety plan & possible referrals to relevant organisations such as Women's Aid or Mankind Initiative;
- However research that 50% of physically aggressive couples exhibit low-levels of mutual violence that's situational in nature;
- Duluth model possibly ineffective with situational violence.

25 WORKING WITH DOMESTIC ABUSE NEW MODELS FOR IPV TREATMENT

New models for IPV treatment, including couples' therapy;

- Sandra M. Stith 'About Couples Therapy for Domestic Violence';
- To be safely implemented with situationally violent couples without increasing levels of violence.

26 PRACTICAL GUIDELINES FOR WORKING WITH DOMESTIC ABUSE

Risk Assessments

- No standardised UK risk assessment for couples counselling & DA;
- Therapists discouraged from working with DA; many believe that couples counselling isn't appropriate;
- Indeed, sometimes couples counselling may not be appropriate or could even be dangerous;
- Therapist might be seen as minimising the abuse, colluding in the view that abuse is a 'dance' & the victim is equally to blame as the perpetrator.

27 DOMESTIC ABUSE, STALKING & HONOUR BASED VIOLENCE (DASH 2009) RISK IDENTIFICATION, ASSESSMENT & MANAGEMENT MODEL

- The DASH 2009 Model is used by all police services & a large number of domestic abuse partner agencies across the UK;
- It's a common checklist for identifying & assessing risk;
- High risk cases can be referred to a Multi-Agency Risk Assessment Conference (MARAC).

28 WORKING WITH DOMESTIC ABUSE MARAC REFERRAL THRESHOLDS

- Multi-Agency Risk Assessment Conferences (MARACs) exist to support the needs of high risk victims of domestic violence;
- Made up of various local agencies, e.g., probation service, police, housing officers, social services & local DV support services;
- MARAC will develop a safety plan & a multi-agency response to ensure the safety of the survivor & children;
- Currently nearly 200 MARACs running across England and Wales.

29 WORKING WITH DOMESTIC ABUSE WHO CAN USE THE DASH RISK MODEL?

- For all professionals (voluntary & statutory agencies) working with victims of domestic abuse;
- Safelives suggest that any professional using the DASH is trained to do so, or refers to a domestic abuse specialist for completion of the DASH;
- Safelives do not have specific guidance on whether or not therapists could conduct these assessments, but if you feel confident to use the assessment, you can refer to the MARAC.

30 WORKING WITH DOMESTIC ABUSE RISK ASSESSMENT

- Standard Risk: 0-5 while risk factors may be present, they're not serious or imminent;
- Medium Risk: 6–13 there are identifiable features of risk or serious harm. Therapist should, with client consent, refer to local specialist agency;
- High Risk: 14 & above. Imminent risk of harm which could have a serious impact. There may be a need for immediate intervention. It may be necessary to notify the police &/or Social Services even without client consent. An agency referral to MARAC would normally be required.

31 WORKING WITH DOMESTIC ABUSE THE THREE PRINCIPLES OF RISK ASSESSMENT

I. Professional judgement:

If a professional has serious concerns about a victim's situation, they should refer the case to MARAC. E.g., extreme levels of fear, cultural barriers to disclosure, immigration issues or language barriers.

32 WORKING WITH DOMESTIC ABUSE THE THREE PRINCIPLES OF RISK ASSESSMENT

2. 'Visible High Risk':

The number of 'ticks' on this checklist. If you've ticked 14 or more 'yes' boxes, the case would normally meet the MARAC referral criteria.

33 WORKING WITH DOMESTIC ABUSE THE THREE PRINCIPLES OF RISK ASSESSMENT

3. Potential Escalation:

The number of police callouts to the victim as a result of domestic violence in the past 12 months.

It's common practise to start with 3 or more police callouts in a 12 month period.

34 WORKING WITH DOMESTIC ABUSE SAFEGUARDING CHILDREN

Section 11 of the Children Act 2004 places duties on a range of organisations & individuals to safeguard & promote the welfare of children. If such an agency assesses a risk of domestic abuse or harm to a child, it will be appropriate to refer the matter to Social Services.

35 WORKING WITH DOMESTIC ABUSE SAFEGUARDING CHILDREN

Section 11 places a duty on:

- Local authorities & councils;
- NHS organisations;
- The police;
- The National Probation Service;
- Governors of Prisons & Young Offender Institutions;
- Directors of Secure Training Centres;
- Principals of Secure Colleges;
- Youth Offending Teams/Services.

36 WORKING WITH DOMESTIC ABUSE PRACTICAL GUIDELINES

Pre-session Questionnaire

- It's important to pre-screen for domestic abuse in a questionnaire;
- Important question: whether the victim feels safe discussing the abuse;
- If there are safety concerns, put the couples counselling on hold & do a risk assessment for the victim first in an individual session.

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WORKING WITH DOMESTIC ABUSE QUESTIONNAIRE – RISK ASSESSMENT

Please answer 'yes' or 'no' to the following questions (*responses to questions 1-7 in this section will remain confidential unless you answer 'yes' to Q8*):

Q1. Have you ever been formally diagnosed with a personality disorder (e.g. Borderline)? _____

Q2. Do you currently have any addictions (e.g., alcohol, pornography, gambling)? _____

Q3. Are you currently using any recreational drugs (e.g. marijuana, cocaine, heroin)? _____

Q4. Have you ever instigated an act of physical aggression against your partner? _____

Q5. Has your partner ever instigated an act of physical aggression against you? _____

Q6. Have you ever self-harmed? _____

Q7. Have you ever seriously considered, or attempted suicide? _____

Q8. If you answered 'yes' to any questions in this section, would you feel safe to discuss these topics in counselling with your partner? _____



38 WORKING WITH DOMESTIC ABUSE PRACTICAL GUIDELINES

- Making safety plan for the victim;
- When to break confidentiality on perpetrator disclosure re potential violence;
- Therapist safety.

WORKING WITH DOMESTIC ABUSE: PRECAUTIONS WHEN PROCEEDING WITH COUNSELLING

- Pre-screening questionnaire & Risk assessment;
- Determine characterological/situational violence;
- Check whether a partner feels ashamed when they hit their spouse (ego-dystonic); this can be an indicator of a possibility of couples counselling;
- A no-violence contract (can be written). The therapist can insist that both spouses agree to be referred for individual therapy if the therapist believes that either has violated the contract;
- The contract can also clarify steps the couple need to take if they find themselves in a potentially violent situation – e.g., time out;
- The therapist can check the contract on a weekly basis; any breach would lead to termination of couples therapy and the start of the individual therapy for the perpetrator.

40 BREAK

Time for a cup of tea!



41 HOMEWORK FOR COUPLE CLIENTS

- 'Catch my partner doing something nice for me'
- Caring days
- Goodie box
- Shared activities
- Positive flooding
- Relationship vision
- Love languages: The 5 Love Languages
- Sound Relationship House
- Life Circles
- The Four Critical Moments

42 CASE STUDIES

Breakout rooms



43 LUNCH BREAK



44 BRINGING TOGETHER YOUR TERMS & CONDITIONS

- Transparency vs. Confidentiality:

- Thinking back to the model terms; which terms have you chosen to work with?

Working with Individuals:

- Will you also see the individuals as part of your couple work?
- What if you start therapy with one individual; will you then be able to work with their partner in couples counselling?
- Domestic violence & addictions:
 - How will you screen for domestic abuse & addictions?

45 MODEL TERMS CONFIDENTIALITY POLICY

Working with the couple & the individual

- In an individual session (or where one person arrives before their partner for a couples session), the work with the individual partner will be kept confidential.
- Therefore, if a secret is revealed by one partner to the therapist, this secret will be kept confidential.
- The therapist can only break this confidentiality following standard ethical norms where there is a risk of harm either to the client or to another person (insert your standard clause here).
- Where the therapist believes that disclosure of the secret is in the best interests of the relationship, the therapist will strongly encourage the client to reveal their secret to their partner.

46 MODEL TERMS TRANSPARENCY / 'NO SECRETS POLICY'

Working with the relationship only

When a couple enters into therapy, I consider that my client is one unit: 'the relationship'. This means that my allegiance is to the couple 'unit,' & not to either partner as individuals. In practice therefore, this means that I cannot begin a couples session until you are both in the room. Equally, all communication I send will be to both of you, & if I receive a communication from just one of you, I will reply openly to both you & your partner. If one of you tells me a secret in confidence, I will choose either to break the confidentiality or to terminate therapy.

47 MODEL TERMS

TRANSPARENCY / 'NO SECRETS POLICY'

Working with individual partners concurrently with the couple

- Sometimes during the counselling process, I may request to see either/both partners individually.
- If one partner discloses secret information to me during an individual session that is relevant or even essential to the proper treatment of the couple, I will not hold this secret. I therefore request that you do not share any secrets with me that you would not wish me to share with your partner.
- If a secret is revealed to me by one partner, I will offer this person every opportunity to disclose the relevant information to their partner, & I will provide guidance in this process.
- However, if the individual refuses to disclose this information within the couple's session, I may determine that it is necessary to either break confidentiality or discontinue the couple counselling;
- In these cases, I will be happy to provide referrals to other couple therapists.

48 MODEL TERMS PROFESSIONAL JUDGMENT POLICY

Transparency & Confidentiality

- Sometimes, it may be useful for the therapist to work with either or both couple partners individually. In these circumstances, there needs to be prior understanding as to what happens if one client reveals a secret to the therapist.
- My policy is that if a secret is revealed to me by a partner, either as a consequence of an individual session, or via other communication, then I reserve the right to use my judgment on whether or not to maintain this individual confidence. I will base my decision on what will derive the greatest benefit for the couple, which will include the following: (a) the relevance & importance of the secret for the unaware partner, & (b) sensitivity in planning as to the timing, circumstances, & consequences of disclosure for both partners to minimise possible destructive outcomes.
- Therefore clients need to be aware that if they disclose confidential information to me in an individual session, then this information may be revealed to their partner.

49 MODEL TERMS CLIENT CHOICE

Transparency & Confidentiality

Sometimes, it may be useful for the therapist to work with either or both couple partners individually. In these circumstances, there needs to be prior understanding as to what happens if one client reveals a secret to the therapist, or something which they do not want their partner to know.

- My policy is that I will ask my clients in the first session whether they prefer a policy of (a) confidentiality, (b) transparency, or (c) professional judgement to cover what will happen where a secret is revealed to me by an individual partner.
 - To enable my clients to make this decision, I will, in advance of the first session, send the clients a summary of the pros and cons of working with any of these three options, & ask the client to make a decision as soon as possible.
- 

50 BEFORE THE FIRST SESSION

- Pre-session Questionnaire (plus screening/risk etc.)
- Pre-session Terms (confidentiality/transparency)
- Other questionnaires
- Be specific about whether the questionnaire answers are confidential between partners

51 FIRST/ASSESSMENT SESSION

- Assessment only?
- Reduced fee/free
- Make a start on understanding presenting problem;
initial diagnosis & initial Treatment Plan

52 STAGES OF ASSESSMENT SESSION

1. Making contact & checking motivation

- Making contact (friendly; empathic)
- Acknowledge questionnaire
- Check previous therapy
- Connect with less motivated person

53 STAGES OF ASSESSMENT SESSION

2. Understanding the Presenting Problem

- Circular Questions

'I am going to ask you an initial question which will help me understand your relationship better. It's an unusual question because it requires you to put yourself in your partner's shoes. The question is: What do you guess or imagine that your partner's top two frustrations are in your relationship at the moment?'

And:

'On a scale of one to ten, how confident are you that you're correct?'

54 STAGES OF ASSESSMENT SESSION

3. Feelings

- Empathic embellishment
- Especially important with a cognitive client

55 STAGES OF ASSESSMENT SESSION

4. Dialogue

- Pick a frustration or appreciation on either side, explain dialogue principles & if time, start dialogue

56 3-STEP IMAGO™ DIALOGUE

1. SENDER:

- Check if partner is available & send message using 'I' language.

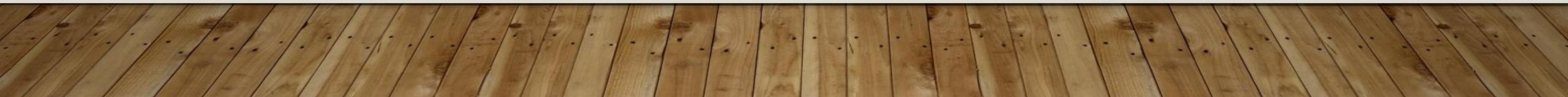
RECEIVER:

- Mirrors - 'I heard you say ...' / 'Did I get that?' / 'Is there more?'
- (Sender continues if there's more. Receiver mirrors as before. Step one is the longest).
- Summary

2. RECEIVER VALIDATES:

- 'That makes sense to me ...' / 'I understand that you ...' / 'Given that ...'

3. RECEIVER EMPATHISES:

- 'And I imagine you might be feeling ...' (suggests feeling words)
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57 STAGES OF ASSESSMENT SESSION

5. Define your role & explain terms;

- Cancellation policies
 - Policy on working with individuals
 - Policy on Transparency / Confidentiality
 - Permission to interrupt
 - Homework
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58 GOAL SETTING

- Can take a number of sessions; check questionnaire
- Clarity important; SMART
- Self change process goals
- Autonomous change
- Motivation for goal setting
- Homework ('stop doing & start doing')

59 CULTURAL ISSUES WITH CROSS CULTURAL COUPLES

- Typical issues are: loss of identity; religious differences; differences in parenting styles;
- Encourage each partner to talk about their background;
- Therapist to show no bias or prejudice;
- Be aware of your own ethnicity;
- Language difficulties.

60 BREAK

Time for a cup of tea!



61 HOW TO SET YOURSELF UP AS A COUPLE THERAPIST

- Questionnaire & risk assessment; Terms & conditions
- Advertising
 - Free sessions or low-cost to build client base?

62 COMMON QUESTIONS FROM CLIENTS

- How long does it take / how many sessions will we need?
- How frequent should the sessions be?
- Do you offer a discount?
- Is there anything I need to do between sessions?

63 COMMON QUESTIONS FROM CLIENTS

- What is your success rate?
- Can I bring my partner in? (from an individual client you're already seeing) or
- Can I start myself first & then bring my partner in later?

64 SUMMARY OF COURSE STRUCTURE FOR COUPLES COUNSELLING

- Questionnaire & risk assessment; Ts & Cs; Price list
- Check motivation for both partners
 - Consider siding with the 'leaner-outer'
 - Possibility of Discernment Counselling
- Be clear on the presenting issue
 - Refer back to the questionnaire
 - Circular questions

65 SUMMARY OF COURSE STRUCTURE FOR COUPLES COUNSELLING

- Teach couple a structured dialogue format e.g., Imago. Use it on main presenting issues
- Education on Non-confrontational Communication
- Education on Unconscious Attraction pattern
- Diagnose Attachment Patterns:
 - Attachment statements
 - Adult Attachment Interview

66 SUMMARY OF COURSE STRUCTURE FOR COUPLES COUNSELLING

- Diagnose stage in relationship
 - Check answers to questionnaires
 - Establish Self-Change goals with regard to differentiation

67 SUMMARY OF COURSE STRUCTURE FOR COUPLES COUNSELLING

- Work out the destructive cycle
 - When you have enough information, describe the destructive cycle.
 - Trigger, Feeling; Behaviour (Coping mechanism)
 - A very common 'dance' between couples is Pursuer-Aloof where one partner criticises & the other withdraws/goes into shame, leaving the critical partner feeling abandoned
 - Handout 'Pursuer-Aloof'

68 SUMMARY OF COURSE STRUCTURE FOR COUPLES COUNSELLING

- Continue to address presenting issue; conduct ongoing reviews & undertake regular written feedbacks.

69 ...AND FINALLY

- Facebook support group;
- Register of couple therapists;
- Level Two training;
- Feedback forms

70 END

Thank you for attending!