

# **Introduction to Couples Counselling**

## **Day 1 Timetable**

10.00 Welcome;

- Introductions
- housekeeping
- Timetable

10.35

- Differences between individual and couples counselling
- Different Models of Couples Counselling

### ***11.30 Break***

11.45 Communication skills to teach your couples

- Verbal and non-verbal communication
- Non-confrontational Communication
- Case Studies and Role Plays

### ***13.00 Lunch***

14.00 Introduction to Imago Relationship Therapy™

14.15 Structured Dialogue; Imago Dialogue

- Using the Imago Dialogue for Appreciations

### ***15.10 Break***

15.25 Using the Imago Dialogue for Frustrations

15.40 Role plays

16.45 Behaviour Change Requests/ Group discussion; Q&A

### ***17.00 Close***