

# **Introduction to Couples Counselling**

## **Day 2 Timetable**

### **Time/Topic**

10.00 Recap on day one

10.15 Ethical issues for the couples counsellor (transparency and confidentiality)

### ***11.30 Break***

11.45 Transference in the Couple Relationship

- Types of transferences;
- Unconscious Attraction and Partner Selection
- Uncovering your Unconscious Relationship Attraction Pattern

12.25 Concepts of Attachment vs. Differentiation

### ***13.00 Lunch***

14.00 Working with the Dance of Disconnection: theory and video

### ***15.00 Break***

15.15 Working with the Dance of Disconnection: role plays

16.30 Summary of Skills to be a good couple therapist

17.00 End and feedback