

## **Introduction to Couples Counselling**

### **Day 3 Timetable**

10.00 Welcome and check-in

10.20 Ethical dilemmas in couples counselling; therapeutic balance

#### **11.25 BREAK**

11.40 Discernment Counselling

12.10 Stages of relationship

12.40 Working with the Stages

#### **13.00 LUNCH**

14.00 Role plays: Working with Hostile and Avoidant Couples

14.45 Discussion of role plays

#### **15.00 Break**

15.15 Theory: Working with Hostile Couples;

16.15 Working with avoidant couples

16.45 Q and A

#### **17.00 END**