

Introduction to Couples Counselling

Day 4 Timetable

10.00 Check in and Recap of Day 3 Topics

10.15 Ethical dilemmas in couples counselling: Domestic abuse

11.30 BREAK

11.45 Homework for 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

12.20 Case Studies

13.00 LUNCH

14.00 Bringing together your Terms and Conditions:

- Transparency and Confidentiality;
- Working with Individuals;
- Domestic violence and addictions

14.25 The Assessment Session (Theory); making a treatment plan; checking motivation; circular questions; Choose an issue; Imago dialogue;

15.00 BREAK

15.15 Assessment Session (Role-plays);

16.30 How to set yourself up as a couples therapist; Q&A / Feedback

17.00 END