

Aims & Learning Outcomes

Overview

The Couple Counselling Course is a CPD training programme which aims to introduce qualified counsellors and/or supervisors to the principals, theory and practise of working with couples. The core model of the course is interactional and the style of delivery aims to be both educational and experiential, with participants having plenty of opportunity to develop essential skills for working with couples.

The Couple Counselling Course aims to:

1. Allow participants to embrace the concept that a 'couple-client' is comprised of two individuals who wish to attend counselling together, and that this unit can include a range of possible relationships.
2. Introduce participants to the theory of working with couples.
3. Evaluate a range of theoretical concepts with a view to participants being able to make appropriate choices for different 'couple-client' presenting problems.
4. Enable participants to gain awareness of the complex nature of the dynamics within a couple relationship and understand the need to maintain equal facilitation to both parties of the 'couple-client'.
5. Teach participants the differences between conjoint and concurrent contracts and how these can be managed in order to maintain a balanced therapeutic approach.

Attendance & Completion Policy

1. All participants are required to attend a minimum of 90% of the course in order to complete the course. As the course is a short CPD course ideally participants should attend all course sessions, however half a training day can be missed and a certificate will still be awarded. The course tutors therefore maintain an Attendance Register which is completed on each course day.
2. Upon completion of the course participants are awarded a LIFE-FORCE CPD Couple Counselling Course Certificate, which details the number of CPD hours attended. The issued certificate details are held on the LIFE-FORCE computer for a minimum of 12 months so that replacement certificates can be provided for a fee of £10, should a participant make such a request.