

An Introduction to Couples Counselling

How is couples' counselling different from individual counselling? Why do we as counsellors tend to find couples counselling more challenging?

This two day professional development course is for counsellors to learn the key principles of couples counselling.

Through theory, case studies, live and DVD demonstrations and skills practice, participants will have the opportunity to:

- Learn the key principles of Systems Theory and of a number of major approaches to working with couples including Emotionally Focussed Therapy for Couples and John and Julie Gottman's work.
- Practice maintaining a stance of neutrality in relation to the couple relationship.
- Explore the relationship between assessment, therapeutic goals and case conceptualisation of couple systems.
- Learn some ways to intervene with unhelpful repetitive patterns of couple behaviour and how to engage couples in the counselling process.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Wednesday 10 and Thursday 11 November 2021

Time: 9.30am - 4.30pm

Cost: \$440 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.