

# Relationship and Couples Therapy

10 CPD hours

## *Approaches to working with couples*

E-learning for psychologists, psychotherapists, family therapists, social workers & counsellors

### About the Course

This independent learning online module will provide participants with a solid understanding of different models and approaches to working with couples. It will review challenges of working with couples and provide structured learning exercises to enhance your knowledge and skills in working with couples who present with relationship difficulties. Some of the models introduced in this online course include Emotionally Focused Couples Therapy (EFT) (Johnson; Greenberg), Collaborative Couples Therapy (Wile) and the Gottman Method Couples Therapy.

The module provides readings, links to webinars and online teaching videos and self-reflective learning tasks. Specific issues in couples therapy are also addressed including readings and resources. Participants have one year to complete the course. On completion of short self-assessment tasks you will receive a Certificate of Completion for 10 hours of study.

The course is endorsed by  
The Psychotherapy and  
Counselling Federation of  
Australia (PACFA)



### Course Content

By the end of the online course participants will:

- Be introduced to a number of contemporary models of couple therapy
- Develop an understanding of how to manage secrets/confidentiality in couple therapy
- Develop an understanding of different techniques and approaches for effective conflict resolution in couple therapy
- Develop ways to help couples unpack their emotions inside and outside of therapy
- Understand the challenges of working with couples where there is infidelity, addictions and mental health issues
- Be aware of the specific issues that need to be addressed where there may be violence in the relationship
- Be introduced to understanding and working with specific issues that might impact on same sex couples
- Be introduced to understanding working with couples in the defence force.

### Date, Fee & Mode of Delivery

**Date:** Enrol anytime - 12 months to complete

**Fee:** \$110.00

**Mode:** Online independent learning. The course provides a combination of written material, links to videos, self-reflection tasks and readings to enhance your learning experience.

**Enrolment:** <https://www.clinicalsupervisionservices.com.au/on-offer>



**Sydney Family Therapy Training Institute  
is a Division of Clinical Supervision Services**

[www.sftti.com.au](http://www.sftti.com.au)

**Bookings:** <https://www.clinicalsupervisionservices.com.au/on-offer>