

CP 5213 Pre-Marital and Marital Counselling

Providence Theological Seminary

Instructor: Melanie Thiessen, MA (Counselling Psych)
DMin (Marriage and Family)

Fall 2011
Directed Study

e-mail. melanie.thiessen@prov.ca

**Students need to contact the professor for permission to take this course and fill out a directed study course application

****Please note that this course has an extra seminar charge** in addition to the tuition, which is the responsibility of the student. Registration and payment can be made through Turning Point Counselling Services tpcounselling@gmail.com. (See accompanying brochure) **Reserve your spot ASAP if you intend to take this course. There is a limit to the number of spots.**

SYLLABUS

Course Description

The course provides a psychological and theological perspective on the forming and maintenance of the marital relationship. Attention will also be given to preparing couples for marriage and identifying specific problems as well as developing approaches that help couples deal with marital discord.

Course Objectives

Building on the basic theories and skills learned in CP5103 Marriage and Family Counselling this course's objectives will strive to equip the student in the following areas:

- Developing an effective model of helping pre-married couples assess their respective strengths and growth areas.
- Provide an opportunity to learn one theoretical approach to couple counselling (EFT) in depth, both in understanding and practical application/practice to counselling.
- Provide an overview of other couple therapies currently used in Canada.

Required Texts

Johnson, SM. (2004) *The Practice of Emotionally Focused Couple Therapy, 2nd ed.* Routledge: NY.

Strahmann, RF. & Hiebert, WJ.(1997). *Premarital and re-marital counseling: the professionals handbook.* Jossey-Bass: San Francisco.

Course Requirements

1. **Read the article on the Overview of Couples Therapy in Canada** provided by the professor. Write a two page response on the theories that reflect your current interest.
Due October 17th, 2011 **Grade Value: 15%**

EXTERNSHIP in EMOTIONALLY FOCUSED THERAPY

Looking to expand your effectiveness in working with couples?

Learn one of the best validated and most effective approaches to changing distressed couple relationships into loving secure bonds. 25 years of scientific research validates the success rate of this model and shows that its relapse rate is very low compared to other couple therapies. Discover how the new science of love and relationships is ushering in a new era for couple and family therapy

October 17-20, 2011

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EMOTIONALLY FOCUSED THERAPY

is a short-term, structured and tested approach to reduce stress in adult love relationships and create more secure attachment bonds. It is also used with families. Formulated in the 1980's it is growing in popularity across North America and internationally. Research shows that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements.

An Externship includes presentations of theory and clinical techniques and skills, training exercises, video recordings of EFT with couples, observation of live interviews and

discussion of specific cases, and clinical issues.

Participants learn:

- To see marital distress from an attachment perspective
- To help partners reprocess the emotional responses that maintain marital distress
- To shape key new interaction and bonding events, and
- To overcome therapeutic impasses.

This 30-hour/four-day course covers the fundamentals of EFT and is the first step toward becoming certified as an EFT therapist. An extensive manual will be provided. Participants are strongly encouraged to read *The practice of emotionally focused couple therapy: Creating connections* (2004), by Dr. S. Johnson before coming to the externship.

Follow-up courses and supervision will be available.



This externship is offered in conjunction with Dr. Susan Johnson and the International Centre for Excellence in Emotionally Focused Therapy, Ottawa, Canada (ICEFFT). The training fulfills the initial externship requirement for certification in Emotionally Focused Therapy (EFT). See www.eft.ca

Prerequisite: graduate degree in psychology, counseling or marriage and family therapy or nearing completion

The leader: Lorrie Brubacher, M Ed, LMFT (NC), RMFT (Canada), is certified with the International Centre for Excellence in EFT as a therapist, supervisor and trainer. She is the Founder and Director of the Greensboro Charlotte Center for EFT. She taught counselling courses in Canada at U of M, U of W and UBC and worked in private practice in couple and family therapy in Winnipeg since 1989 and for two years at the Vancouver Couple and Family Institute. She has published in the Journal of Marriage and Family Therapy.



“Lorrie has an excellent grasp of the theory and practice of EFT. She presents with clarity, warmth, and humor. I heartily recommend her training to any therapist wanting to learn the EFT model, both at the externship level and for advanced training or supervision.”

- Yolanda von Hockauf, M.Ed., R.M.F.T., Certified EFT Trainer and Supervisor

Participants from previous EFT training events have said:

“Lorrie is an expert in this model and presents difficult concepts clearly and coherently. I would recommend this seminar to anyone.”

“Watching Lorrie work with my couple was like putting together the pieces of a puzzle I had been working with.”

“Lorrie has a patient, up close, competent style; a very effective teacher

– calm, clear, and an amazingly present clinician.”

“Lorrie is caring, compassionate and clear. A remarkable therapist and teacher.”

Registration:

Cost

Counsellors: \$800 (\$700 early bird)
Students: \$550 (early bird: \$500)
Groups of 4 or more registering together:
\$650
Students (for Prov Credit): \$450
(please circle the correct amount)

Early bird deadline
September 9, 2011

To register send registration information with deposit check for \$200 **and** a post-dated check for the remaining amount. (Post-date by early bird deadline)

Make cheques payable to:
Turning Point Counselling
325 Talbot Ave
Winnipeg, MB R2L 0P9

Registration is limited to 30 people.

Registration will be confirmed by email

For More Information
Contact Mary Hicks
tpcounselling@gmail.com

Name

Address

Email Address

Telephone

Cancellations received in writing 14 days prior to event: full refund minus \$50.00.
Cancellation within 14 days of event: 50% refund.