



BASIC SKILLS IN COUPLE & FAMILY COUNSELLING

2021

Parivarthan Consultation and Training Services will be offering an Advanced Training Module on BASIC SKILLS IN COUPLE AND FAMILY COUNSELLING for trained counsellors/mental health professionals. This will be an ONLINE Training Programme on account of the COVID-19 pandemic

ABOUT THE COURSE

This Basic Skills in Couple and Family Counselling is a 60/65 hour programme that will be covered in 10 weekly sessions.

The aim of the course is to orient counsellors who have been trained to counsel adults and who are currently working with individual clients, preferably under Supervision, to develop the awareness and skills required for relationship management. This course focuses on working with a couple/family system as a whole, which can help break dysfunctional and unhealthy family patterns that can be hard to change in an individual counselling setting.

It will cover basic theory, assessment and management of issues specific to couple and families, including divorce and domestic violence. The focus of the course is on the skills required to evaluate and intervene in the kind of relationship problems that trained counsellors are likely to face in practice.

As we are offering the Programme online, this year we aim to improve the quality of learning experience with each Training Session will consist of:

- a) exploring own understanding of concept
- b) having a formal presentation and Q and A on theory
- c) reinforcing concepts/skills through activities

(Please note that the course is NOT suitable for individuals whose primary need is to address their own marital and family issues.)



FACILITATORS

The Facilitators, **Rathna Isaac, Amita Bala and Manju Sapru** have significant experience in working with couples and families.

RATHNA ISAAC (PhD in Clinical Psychology) completed her training in NIMHANS (2005), with a thesis on Marital Therapy with Distressed Couples. She is a therapist, supervisor and trainer with around 20 years of experience. She is an external consultant/supervisor for the Couple and Family Therapy Programme at Parivarthan Counselling and Training Centre. She has created and conducted both basic and advanced training programmes on couple therapy and provides ongoing group supervision for couple counsellors. She has been an individual therapy supervisor for the past five years, seeing supervisees in one on one sessions. She has conducted several training workshops for counsellors / psychotherapists at all levels and is deeply interested in the psychotherapy process. She has also conducted workshops for lay people on topics like gender, parenting and aging. She has published papers and book chapters in the areas of couple relationships, ethical issues and psychotherapy. She recently did a 12-episode video column for the White Swan Foundation on “Navigating Relationships”.

AMITA BALA is a trained reflective counsellor, trainer and certified supervisor. Her work, over 19 years, is with older adolescents, individual and couples. For the past 9 years she has been working extensively online, in a video conferencing format. Her foundation is from the Humanistic school of counselling. Her practice includes application of Neuro Linguistic programming, Cognitive Behaviour therapy, Mindfulness, Sandplay therapy and Existential therapy. She is also a Queer affirmative therapist. She switched careers because mental health is something she feels passionately about. She is a Certified Accountant from the UK and decided to follow her passion when she moved back to India. She sees herself as a ‘journey person’- someone who joins people on their journey, when they need the support.

MANJU SAPRU did her BSIC (Basic Skills in Counselling) from Parivarthan Counselling, Training and Research Centre in 2005-06, and then the Advanced Trainings in Couple and Family Counselling (CFC) as well as Child and Adolescent Counselling (CAC). She has a MA in Counselling Psychology and her thesis was on “Attachment & Sexuality in Young Adults.” She has worked as Counsellor, Trainer and Supervisor for the past 15 years, working with individuals, couples, as well as children and adolescents. She was Counsellor for 3 years with Christ College PU, and then has been part of the Parivarthan Team from 2010 until the present. Within Parivarthan she has facilitated trainings for both the Advanced Courses in CAC and CFC for the past 10 years. She has also conducted various workshops and trainings for different institutions and groups on topics related to mental health.

MODE : ZOOM

COURSE DETAILS

Duration:

10 weeks (60/65 hours):
January 21 to March 25, 2021

Day/Time:

Thursdays, 01.00 - 06/06.30 p.m.

Admission:

By interview

Fee:

Rs. 40,000/- (Rupees forty thousand only) + GST @18 % payable by a cheque in favour of 'Parivarthan Consultation and Training Services OR by an online Bank Transfer

If you are interested in participating in this Training Programme, please write to parivarthanblr@gmail.com

and we will send you the Application Form.

We have a limited number of participants that we will be able to accommodate on the Programme.

We will begin the Training with an Introductory Session for confirmed participants.