

**Advanced Training Module**  
**Basic Skills in Couples and Family Counselling**  
**(In-Person)**  
**2026**

**ABOUT THE COURSE**

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, which can help break dysfunctional and unhealthy family patterns that can be hard to change in an individual counselling setting.

**A Certificate will be issued based on completion of course requirements and attendance.**

**ABOUT THE FACILITATOR**

**Rathna Isaac** (PhD in Clinical Psychology) is a therapist, supervisor and trainer with over 20 years of experience. She is an external consultant/supervisor for the Couple and Family Therapy Programme at Parivarthan Counselling and Training Centre.

*Supervision of practicums will be assigned to PARIVARTHAN Trainers / Supervisors*

**COURSE DETAILS**

**Duration:** 12 weeks (84 hours)  
**Dates:** Jan 31 to Apr 25, 2026  
**Day:** Saturday (except Mar 21)  
**Time:** 09.30 am to 4.30 pm  
**Fee:** Rs. 60,000 plus 18% GST

**VENUE**

PARIVARTHAN Consultation and  
Training Services  
3310, Ground Floor,  
8<sup>th</sup> Cross, 13<sup>th</sup> Main,  
Indiranagar, Bangalore – 560008

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