

Specialist Course in Integrative Couple Therapy

Apply now, start February 2024!

Relationships Australia®

VICTORIA



In its 34th year, this reknowned course is open to counsellors and psychologists wanting to develop rigorous knowledge and specialist skills for working with couples.

The course uses an integrative therapeutic approach, which is strongly grounded in evidence-based models and contemporary practice.

It equips participants with the skills and practical experience to respond flexibly to couples' particular needs, world views and situations.

Theories and modalities

Recognising the limitations of using a single theoretical model, our course provides training in a range of theories and practices, including:

- Attachment Theory
- Psycho-Dynamic, Systemic and Integrated Behavioural Theories
- Emotionally-Focused Therapy
- Neurobiological-informed practice.

It incorporates research findings by Gottman and considers emerging ideas and practice trends.

The course's 'Therapeutic Self' module enhances participants' understanding of what shapes them as therapists, enabling them to remain reflective in what is often an emotionally charged field.

Outcomes

Graduates will have specialist knowledge and emerging skills to assist couples experiencing a range of challenging issues.

Structure

Duration:

1 day a week, for 5 months

Delivery:

In-person in Kew, Victoria

The course is also an accredited component of the Swinburne University Master of Social Science (Couple Counselling) at the second year level.

Teaching methods

- Interactive presentations, supported by relevant readings.
- Case discussions and live demonstrations to consolidate learnings and apply theories and methods.
- Workshops with opportunities to practice couple therapy skills.

Special topics

Course content encompasses societally relevant topics including:

- neuroscience, emotion and attachment-informed therapy for couples
- sex and intimacy
- affairs and betrayals
- gender and diversity
- separation and loss
- re-partnered couples and blended families
- working with couples experiencing high conflict
- assessing for intimate partner violence and coercive power and control.

Discover what sets our course apart

- Facilitated by skilled & experienced couple therapists
- Interactive discussions & practical workshops
- Specialised post-course options including a clinical internship
- Delivered continuously since 1990
- Informed by over 75 years of service delivery experience

Student feedback

- 'Essential for anyone who wants to be a couple therapist.'
- 'It's the best in Victoria!'

To express interest or find out more

- (03) 9261 8702
- scict@rav.org.au
- rav.org.au/scict



About us

Relationships Australia Victoria (RAV) is a specialised provider of family and relationship services, and a leading training provider with national and international expertise.

Our training is research and evidence-led, and informed by over 75 years of expertise.

Our extensive service suite includes counselling, couple and family therapy, family relationship support, conflict management, family dispute resolution, mediation, mental health services, family violence prevention, support and recovery programs and parenting education.

We deliver training across a broad range of topics related to these and other areas, as well as designing customised training solutions.

2024 intake

When

9:30am - 3:30pm on Tuesdays from 6 February to 25 June. No class on 2 April.

Where

Relationships Australia Victoria
46 Princess Street, Kew 3101

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Course fees

\$5500 including GST. Instalment options are available.

A \$1500 deposit is required to secure enrolment.

Entry requirements

Applicants are required to:

- have appropriate tertiary qualifications in social services and a minimum of one year's face-to-face counselling experience, and
- attend an interview prior to acceptance into the course.

Membership and accreditation

The course and post-course options can be applied towards meeting prerequisites for registration and accreditation with the College of Relationship Counselling in PACFA (Psychotherapy and Counselling Federation of Australia).

Course completion, clinical internship and clinical supervision and workplace experience can be applied towards postgraduate tertiary degree programs with Swinburne University and the University of Melbourne.

For students completing the Swinburne University Master of Social Science (Couple Counselling), the course has industry accreditation with the Australian Counselling Association.

Membership of professional counselling organisations provides eligibility for a provider number with some private health insurance funds.

Post-course options

- **12-month clinical internship**
- **Clinical supervision and workplace experience**

Graduates can choose to complete an additional 12-month supervised internship at a RAV centre or through another RAV-nominated provider.

We encourage and support graduates to continue their learning, and strengthen their skills and experience in the specialised field of couple counselling.

Placements are designed to accommodate and maximise learning needs in real-life work situations, enabling interns to apply their knowledge and skills gained during the course.

During the 12-month placement interns are required to carry a case load of 4 to 5 clients per week, with a minimum of 2 appointments being conducted after hours.

Interns will primarily provide services to couples, but may also also work with some individuals presenting with relationship difficulties.

Each training intern is allocated a training supervisor for weekly individual supervision. This includes reviewing recorded audio and/or video clinical sessions.

The supervisor is responsible for the training intern's induction, as well as allocation, day-to-day direction and professional supervision of all casework undertaken.

For more information, visit our website or contact us directly.



This is a brilliant course if you want to work with couples. It's comprehensive, experiential, relevant and lots of fun.'



Relationships Australia Victoria acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.

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