

# RELATIONSHIP COUNSELLING

**courses4me**

Would you like to speak to one of our course advisors for further information?

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## Advanced Certificate in Relationship Counselling

# Become a trained counsellor and help people improve their relationship in life

The Advanced Certificate in Relationship Counselling helps you understand the importance of communication in creating and maintain relationships, as well as best practices to assist clients with their specific relationship issues. Through 14 in-depth modules, you will equip yourself with knowledge, skills, and insights which can be applied to various fields such as couple therapy, family counselling or domestic and family violence support.

### Did you know?

Australia's divorce rate looks set to skyrocket as coronavirus restrictions and ongoing job losses push struggling relationships over the edge. Google searches for the term 'divorce' surged to their highest point at the end of June 2020.

# About Us

Courses4me is the leader in online education with decades of experience in both public and private education. Our founders have a combined 30 years of expertise in education and training and have joined forces to deliver high-quality, low-cost education to anyone wishing to advance their career.



**Accredited by**  **ICOES**  
International Accreditation

We are proud to announce that all our courses at Courses4Me are accredited by the International Council for Online Educational Standards (ICOES), a respected global organisation dedicated to ensuring the quality of online education. This prestigious accreditation signifies that Courses4Me has met the rigorous standards set by ICOES, solidifying our reputation for delivering excellence in online education worldwide. We are committed to providing high-quality courses and look forward to welcoming students from around the globe to our accredited programs.

**Endorsement from**  **IARC** | *Quality for Excellence in Education*

All online courses offered by Courses4me are fully endorsed by the International Approval and Registration Centre (IARC), a quality control system for education programs and courses in international education. Based in Queensland, Australia, the IARC's Committee Board of accomplished education professionals work to endorse quality education courses in the international market. The IARC endorsement ensures that Courses4me maintains a high level of respect in academic circles within a range of disciplines in Australia and beyond.

# Course Overview



## Duration / Study Method

The course will take approximately 300 hrs to complete.

The course is done completely online in your own time and from the comfort of your home. We offer self-paced learning and direct tutor support for each individual student.



## Payment Methods

Pay for the course upfront and receive a discount or set up an interest free payment plan today from only \$25 per week



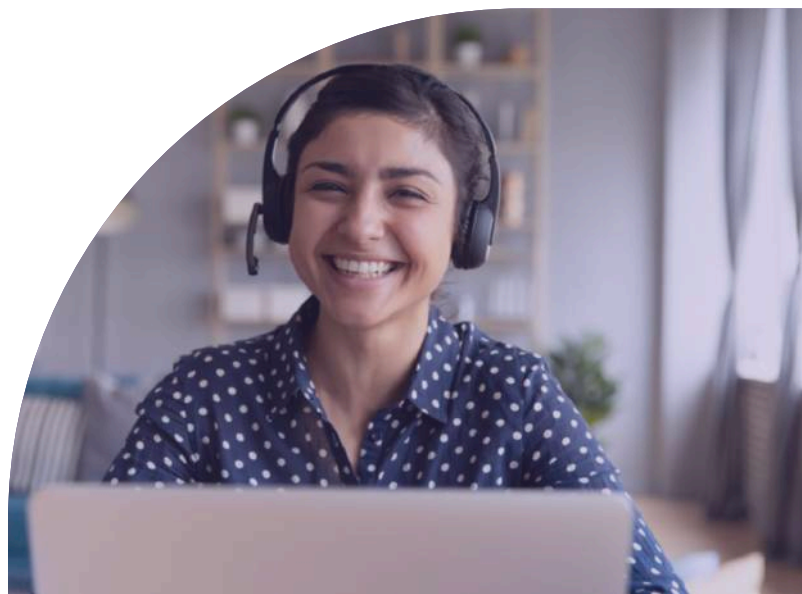
## Assessments

Includes case studies, quizzes and written assessments, that are marked with personalised feedback. Problem based learning projects working one on one with your tutor.



## Support

All students have unlimited access to their very own professional tutor over the phone or via email.



# Career Opportunities

By earning this certificate, learners can confidently seek rewarding employment in various organisations, either as a/an:

- Family Counsellor
- Relationship Counsellor
- Youth Support Worker
- Post Separation Counsellor

\* some career outcomes may require further training and/or qualifications



ACCREDITED BY ICOES AND  
FULLY ENDORSED BY IARC



NO PRIOR EXPERIENCE OR  
CERTIFICATION NEEDED



FLEXIBLE PAYMENT PLAN  
(FROM \$25 PER WEEK)



100% ONLINE, SELF-PACED  
LEARNING COURSES



# Core Modules

## 1. Communication in Emerging Relationships

- Introduction
- Problems in relationships
- Stages in relationships
- Interpersonal communication
- The communication process
- Verbal communication
- Non-verbal communication
- Communication responsibility
- Ineffective communication

## 2. Self-Awareness and Communication Goals

- Introduction
- Negative communication
- Self-awareness
- Setting the stage for change
- Good communication is thoughtful
- Intent
- Awareness
- Recognising reactive patterns
- Relationship goals

## 3. Communication Patterns in Relationships

- Negative patterns of communication
- Aggressive patterns
- Victim patterns
- Avoidance patterns
- Thought, feeling and action cycle
- Thoughts and feelings differentiated
- Emotions (feelings)
- Patterns of thought
- Behaviour (Actions)
- Action skills
- Communicating intent

# Core Modules

## 4. Influences on Relating Behaviour and PBL

- Influences on communication
- Environmental influences; family, culture, social, other
- Global factors
- Communicating and changing interpersonal needs
- Changing expectations and needs
- Adult psychological development
- Erikson's psychosocial stages
- PBL to create and plan a counselling intervention for a couple who are experiencing relationship difficulties.

## 5. Communication Techniques and Skills

- Introduction
- Triads
- Listening
- Paraphrasing
- Reflective responses; emotions
- Reflective responses; content
- Guidelines to prevent inauthentic listening
- Open questions
- Message statements or requests
- Self-disclosure
- Encouraging clients to learn communication

## 6. Maintaining Relationships

- Introduction
- Kinds of, and stages in relationships
- Factors to help maintain relationships
- Agreements or contracts
- Praise and gifts for service
- Relationship nurturing communication
- Straight talk

## 7. Psychoanalytic psychotherapy I – Freud, Erikson, Jung

- Value and relevance of psychotherapy
- Emergence of psychoanalytical theory
- Principles of psychoanalytical theory
- Elements of the personality
- The notion of conscious and unconscious
- Recent developments in psychoanalytical theory
- Goals of psychoanalytical approach
- Psychoanalytic techniques
- Analytic framework

- Anxiety and psychoanalysis
- Inbuilt psychological coping and damage repair mechanisms
- Defence mechanisms
- Freud's psycho-sexual theory and Erikson's psychosocial theory
- Jung's perspective on personality
- Archetypes
- Analytic framework
- Free associations
- Interpretation
- Dream analysis
- Resistance
- Transference
- Psychoanalytic approach and counselling
- Personality disorders
- Critique for psychoanalytic theory

## 8. Psychoanalytical psychotherapy II – Adler

- Alfred Adler
- Adler's key concepts
- Inferiority vs superiority
- What makes people self-interested
- Social interest and community feeling
- Individual psychology
- Psychological types: ruling type, leaning type, avoiding type
- Sibling relationships
- Only child
- First child, second child, youngest child
- Use of Adlerian theory
- Applications to counselling

## 9. Humanistic/Existential approaches I – Gestalt Therapy; Fritz Perls

- Introduction
- Human nature
- Holistic approach
- Field theory
- Figure-formation process
- Organismic self-regulation
- Focus on the present
- Resolving dilemmas
- Personal maturity
- The effect of contact
- Effect of energy
- The experiment
- Confrontation
- Gestalt techniques: Internal dialogue,



## 10. Humanistic/Existential approaches II – Person-Centred Counselling; Carl Rogers

- Humanistic therapy
- Principles of person-centred approach
- Personal attitude of the counsellor
- Goals of therapy
- Assessment techniques
- Areas of application
- Critique

## 11. Rational behavioural therapy – Albert Ellis

- Rational emotive behaviour therapy (REBT)
- Ellis's view of human nature
- Personality theory
- Goals and techniques of therapy
- Therapeutic techniques
- Cognitive techniques
- Emotive techniques
- Use of REBT

## 12. Cognitive behavioural therapy – Aaron Beck

- Cognitive behavioural therapy (CBT) and REBT
- Premises of CBT
- Cognitive distortions
- Use of cognitive therapy
- Family therapy
- Modifications to CBT
- Stress inoculation training program

## 13. Behavioural therapy

- Contemporary behavioural therapy
- Behavioural approach
- Goals and techniques
- Goals of therapy
- Use of behaviour therapy
- Basic ID
- Critique

## 14. Solution-focused counselling

- Introduction
- Strategies in solution focussed counselling
- Engaging the client
- Constructing pathways for change
- Generating creative solutions
- Critique



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