

# **Six-Day Intensive Master Course in Couples and Relationship Counseling**

**Presenter: Edoardo Giusti**

**Target group:** All helping professionals dealing in their work with couple dynamics.

**Course objectives:** Acquisition of operational tools and strategic intervention techniques throughout the life-cycle of couples. Participants will learn how to observe, guide, accompany, assist, facilitate, and sustain couples in the light of the complex nature of their crises. Counseling interventions are required when the evolution of a couple becomes blocked by a dysfunctional status and impasse that obstructs, counteracts, arrests, and inhibits the essential transformative growth of the relationship.

## **Course contents:**

### **Part One**

- 1) EXPECTATIONS AND MACRO-LEVEL VIEW OF THE DYADS (search for and choice of mate: attraction, seduction, infatuation, the crush, courtship, opposites and similars falling in love, involvement).
- 2) VALUES BEYOND SHARED MYTHS (romantic choreography: esteem, passion, desire, affectivity, and sexuality).
- 3) THE LOVE BOND IN TERMS OF ATTACHMENT AND THE SECURE BASE (communication and relationship styles, exclusivity).
- 4) THE "I-WE-I" TRIAD (disengaging from the paradoxical double bind and managing closeness and distance).
- 5) SUCCESSFUL MANAGEMENT OF INEVITABLE DEVELOPMENTAL CRISES (disappointments, arguments, jealousy, stress, constructive and destructive conflicts, infidelity, temporary ruptures, creativity, repair strategies, and reconciliation).

### **Part Two**

- 6) EACH COUPLE CREATING ITS OWN WORK-IN-PROGRESS (attunement, intimacy, interdependency, cooperation, tenderness, humor, eroticism, and sexuality; balance between individual separateness and closeness);
- 7) TEMPORARY OR DEFINITIVE DISTANCING (boredom, lack of communication, distress, experimentation, transgression, guilt, stalking, dilemmas, disengagement, renewed motivation to revive desire and curiosity);
- 8) EPILOGUE AND PARTING (managing separation, mourning the loss, self-liberation, completion of the grieving process);
- 9) SELF-REDISCOVERY AND REBIRTH (self-esteem, assertiveness, empathy, self-love for other-love, forgiving, developing new relationship scripts beyond contextual stereotypes).

## **Methodology:**

The methodological framework is based on a systemic and integrative epistemological perspective. Theory-based lectures are supported by pertinent videos and video-modeling activities (genogram, role-playing, sculpting, etc.). Personal insights will be provided through experiential learning activities aimed at enhancing adaptive and creative couple resources.