# 50-Hour Relationship Counselling Diploma Program

**Dates:** 4th August – 13th September 2025

**☐ Time:** 6:00 PM − 7:00 PM IST

📍 **Days:** Monday to Friday

**Mode:** Live Online (Recordings, PDFs, Worksheets included)

# **© PROGRAM PURPOSE**

This comprehensive program prepares learners to navigate the complexities of modern relationships — romantic, marital, familial, and interpersonal — using scientifically grounded frameworks and compassionate tools. Participants will gain hands-on experience through live training, real case analyses, mock counseling, and structured client simulations.

# **WEEKLY BREAKDOWN (50 HOURS)**

### WEEK 1: Foundations of Relationship Psychology

Dates: 4 - 8 August | Hours: 5

- Day 1: What is Relationship Counseling? History, Scope, Ethical Boundaries
- Day 2: Types of Relationships (Romantic, Familial, Platonic, LGBTQIA+, Open)
- Day 3: Dynamics of Attachment Styles (Secure, Anxious, Avoidant, Disorganized)
- Day 4: The Science of Love Neurobiology & Theories (Sternberg, Gottman, Bowlby)
- Day 5: Understanding Emotional Needs, Love Languages, and Intimacy Blocks

#### **X** Activities:

Attachment-style quiz, love language mapping, couple case analysis

#### WEEK 2: Communication & Conflict Resolution

**Dates:** 11 – 16 August | Hours: 6

- Day 6: Communication Styles Passive, Aggressive, Assertive, Manipulative
- Day 7: Gottman's Four Horsemen + Antidotes
- Day 8: Active Listening & Validation Skills
- Day 9: Conflict Cycles & Recurrent Argument Patterns
- Day 10: Tools for De-escalation, Timing & Safe Words

#### X Activities:

Role-play with reflection, scripting arguments, couple interaction video review

### WEEK 3: Counseling Techniques for Couples

**Dates:** 18 - 23 August | Hours: 6

- Day 11: Structuring a Couple Session Intake, History, Timeline
- Day 12: Solution-Focused Strategies (Miracle Question, Exceptions)
- Day 13: EFT (Emotionally Focused Therapy) Basics for Couples
- Day 14: Cognitive Distortions in Romantic Thought Patterns
- Day 15: Intimacy Repair Work Physical, Emotional, and Verbal Connection

#### **X** Activities:

EFT mapping exercise, distorted thought correction, intimacy checklist

### WEEK 4: Special Situations in Relationship Counseling

**Dates:** 25 – 30 August | Hours: 6

- Day 16: Affairs, Cheating & Rebuilding Trust
- Day 17: Long Distance Relationships & Online Attachments
- Day 18: Managing Separation, Breakups, Divorce with Care
- Day 19: LGBTQIA+ Couples Inclusivity, Myths, Unique Challenges
- Day 20: Trauma-Informed Approaches in Couples with Abuse Histories

#### **X** Activities:

Letter therapy, safety planning, LGBTQ case mapping

### WEEK 5: Family & Parenting Counseling

Dates: 1 - 6 September | Hours: 6

- Day 21: Family Systems & Role Theory
- Day 22: Parenting Styles and Co-parenting After Divorce
- Day 23: Intergenerational Trauma in Families
- Day 24: Counseling Parents of Adolescents
- Day 25: Boundaries & Enmeshment in Indian Families

#### **X** Activities:

Genogram creation, parenting role-play, joint family conflict simulation

## WEEK 6: Shadow Counseling & Practicum (Client Observation)

Dates: 8 – 13 September | Hours: 10

- Day 26: Orientation Confidentiality, Therapist Voice, Observation Techniques
- Day 27: Client Session Recording #1 Emotional Mapping
- Day 28: Client Session Recording #2 Conflict Navigation
- Day 29: Peer Group Case Conference + Ethical Dilemmas
- Day 30: Final Presentation + Viva + Certification Ceremony

#### **X** Includes:

- 2 recorded couple sessions
- Reflection + summary templates
- Supervised report submission

# KEY MODULES & SKILLS MASTERED

Module	What You'll Learn
Relationship Foundations	Psychology of bonding, intimacy & trust
Attachment & Trauma	Healing early wounds in adult relationships
Communication Skills	Tools for emotional validation, boundary setting
Conflict Management	Gottman Method, active listening, repair techniques
Counseling Models	SFBT, EFT, MBCT, Trauma-informed therapy
Inclusivity	Working with queer, multicultural, long- distance relationships
Shadow Counseling	Real-case observation, ethics, report writing
Family Dynamics	Enmeshment, genograms, child-parent mapping

# **#** PERKS & OUTCOMES

- ♠ Diploma Certificate (50 Hours)
- Shadow Counseling Supervision Certificate (10 hours)
- Enterprise Toolkit (Worksheets, Intake Forms, Conversation Scripts, etc.)
- Viva Panel Feedback
- № 3-Month Access to Recordings
- ★ Letter of Recommendation (Top 5 students)
- Final Case Portfolio for Your Resume



### ₹4,500 Only

- ✓ Early Bird Bonus (Enroll before 25th July): Free eBook on "The Art of Couple Communication"
- Access to private peer community
- ✓ Templates and session breakdowns

# **★** FINAL SUBMISSIONS

- Full therapy plan for a fictional couple
- Weekly reflection sheets
- Genogram or family role chart
- Shadow observation report
- Final Viva presentation