

COU306 Couple Counselling

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

COU306 Couple Counselling aims to equip students with the knowledge and skills to function as couple counsellors. The course content covers local marriage trends, marriage archetypes and core marital counselling knowledge and skills. Students will gain an understanding of the characteristics and needs of early-risk populations such as young couples, transnational couples, and an understanding of various evidence-based marital interventions that could be applied to the local context.

Topics:

- Marriage trends in Singapore
- Working with different marriage archetypes
- Dimensions of marriage and dynamics of a couple system
- Challenges in marriages: financial inadequacy and management
- Challenges in marriages: family planning and infertility, managing in-laws
- Couple communication
- Conflict, conflict resolution and forgiveness in relationships
- Understanding and dealing with infidelity
- Marriage recovery (e.g. using Discernment Counselling)
- Key therapies: Gottman Couples Therapy
- Emotionally-focused Couples Therapy
- Integrated Model for Couples Therapy

Textbooks:

Gurman, A.S., Lebow, J.L. & Snyder, D.K. (2015).: Clinical Handbook for Couple Therapy (ISBN:9781462513925) (5th Ed). he Guilford Press
ISBN-13: 1462513925

Learning Outcome:

- Present different marriage archetypes and local marriage trends, and explain the dimensions of marriage - gender differences, effects of race and culture, psychological tasks.
- Discuss the dynamics of a couple system and challenges in marriage.
- Examine couple communication, conflict management and resolution.
- Explain an approach to facilitating marriage recovery in situations of infidelity.
- Describe approaches and techniques in working with couples.
- Demonstrate skills in counselling with couples.

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	25
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Sub-Total	50

Examinable Component	Weightage (%)
ECA	50
Sub-Total	50

Weightage Total **100**