

# **COU306 Couple Counselling**

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **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:**

Jay L. Lebow and Douglas K. Snyder: Clinical Handbook of Couple Therapy, 6th Edition The Guilford Press

ISBN-13: 9781462550128

**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 - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	ECA	50
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.