

COU308 Divorce Counselling

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

COU308 Divorce Counselling aims to equip students with the knowledge and skills to function as family counsellors working with divorced couples and their children. The course content covers the causes of divorce, the laws and legislations in Singapore related to divorce, and the context and challenges for divorcing couples and their children. On the psychological aspects, the emotional impact of divorce on both the divorcing couples and their children will be discussed. Counselling interventions with their attending techniques and skills will be taught to students.

Topics:

- Understanding the divorce landscape in Singapore
- Ecosystem of support, including the legal and policy systems related to divorce
- Stage theories and developmental models
- Causes and predictors of divorce – risk and protective factors
- Cultural factors in divorce; Phases of divorce and impact on families
- Emotional needs of divorcing persons and their children
- Discernment Counselling for troubled relationships
- Skills to manage entrenchment and de-escalation of conflict
- Marital closure techniques
- Practical and emotional support for divorce recovery
- Co-parenting and impact on children
- Integrative model and divorce therapy

Textbooks:

Gurman, A.S., Lebow, J.L. & Snyder, D.K. (2015).: Clinical Handbook for Couple Therapy 5th New York: The Guilford Press.

ISBN-13: 978-146251392

Doherty, W. J. & Harris, S.M.: Helping Couples on the Brink of Divorce 2017 American Psychological Association

ISBN-13: 978-143382750

Learning Outcome:

- Present the laws and legislations relating to divorce, and the context and challenges for divorcing couples as well as their children.
- Explain the causes of divorce, and identify the risk and protective factors related to divorce.
- Discuss the emotional impact of divorce on couples and children.
- Employ Discernment Counselling in working with troubled relationships.
- Apply appropriate intervention techniques with divorcing couples and their children, and demonstrate skills used to de-escalate conflicts that arise between divorcing couples.
- Demonstrate skills to coach healthy co-parenting relationships.

Assessment Strategies (Evening Class):

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