

# Specialist Course in Integrative Couple Therapy

Relationships Australia  
VICTORIA



Apply now, start February 2023!

The renowned Specialist Course in Integrative Couple Therapy is now in its 33rd year.

It is open to counsellors and psychologists wanting to develop rigorous knowledge and specialist skills in working with couples.

Delivered by Relationships Australia Victoria (RAV), it is also an accredited component of the Swinburne University Master of Social Science (Couple Counselling) at the second year level.

The course uses an integrative therapeutic approach, which is strongly grounded in evidence-based models and contemporary practice.

It equips participants to respond flexibly to couples' particular needs, world views and situations.

Recognising the limitations inherent in a single theoretical model, the course provides participants with training in a range of theories and practices.

Theories and modalities covered include:

- attachment theory
- psycho-dynamic, systemic and integrated behavioural theories
- emotionally-focused therapy
- neurobiological-informed practice.

The course incorporates research findings by Gottman and considers emerging ideas and practice trends.

A 'Therapeutic Self' module enhances participants' understanding of what shapes them as therapists, enabling them to remain reflective in what is often an emotionally charged field.

At the conclusion of the course, participants will have developed specialist knowledge and emerging skills to assist couples experiencing a range of difficult issues.

The stand-alone course is delivered one day a week for 5 months, with the option of completing an additional supervised internship at a RAV centre.



'I can say, without hesitation, that this course was one of the most rewarding and stimulating aspects of my post-graduate education.'

- SCICT student

## When

9:30am - 3:30pm on Tuesdays in 2023, from 7 February to 4 July.

No classes will be held on 11 and 25 April.

## Where

The course will be delivered face-to-face at Relationships Australia Victoria's Kew Centre, located at 46 Princess Street.


Please note: In the event that COVIDSafe advice and government restrictions come into effect, the course will shift to online delivery.

## Cost

\$5500 including GST.  
Instalment options are available.

A \$1500 deposit is required to secure enrolment.

## Register your interest

 (03) 9261 8702

 [scict@rav.org.au](mailto:scict@rav.org.au)

 [rav.org.au/scict](http://rav.org.au/scict)

## Teaching methods

- Interactive presentations, supported by relevant readings.
- Application of theory and methods through case discussion and live demonstrations.
- Workshops providing opportunities to begin to practice couple therapy skills.

## Special topics

- Neuroscience, emotion and attachment-informed therapy for couples
- Sex and intimacy
- Affairs and betrayals
- Gender and diversity
- Separation and loss
- Re-partnered couples and blended families
- Working with high conflict couples
- Assessing for intimate partner violence and coercive power and control

## Post-course options

Couple counselling is a highly specialised field and we strongly encourage students who wish to further strengthen their practical skills and experience to consider additional professional development.

Our specialised, post-course options include:

- a 12-month clinical internship
- clinical supervision and workplace experience.

## Membership and accreditation

The course and post-course options can be applied towards meeting prerequisites for registration and accreditation with the College of Relationship Counselling in PACFA (Psychotherapy and Counselling Federation of Australia).

Course completion, Clinical Internship, and clinical supervision and workplace experience can be applied towards postgraduate tertiary degree programs with Swinburne University and the University of Melbourne.

For students completing the Swinburne University Master of Social Science (Couple Counselling), the course has industry accreditation with the Australian Counselling Association.

Membership of professional counselling organisations provides eligibility for a provider number with some private health insurance funds.

'The combination of experiential learning as well as theory was very valuable. Highly recommend the course for professionals in the field. I loved it.'

- Catherine Stevenson, Psychiatric Clinical Nurse Therapist, Mental Health

I found the course to be especially helpful to me in understanding and developing the links between my personal experience, the theoretical perspectives, and my work with couples.'

- Max Broadway, Industrial Chaplain and Accredited Social Worker

## About us

Relationships Australia Victoria (RAV) is a leading training organisation with national and international expertise.

Our training programs are informed by over 70 years' clinical experience, with our services including relationship counselling, couple therapy, conflict resolution, specialist family violence services, family dispute resolution (FDR), and relationship and parenting education.

Our training courses are built on a framework of competency-based workplace training and assessment, focusing on the knowledge and skills required to perform on the job.



Relationships Australia Victoria acknowledges the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.