

Intersession Offering 2021

Premarital and Marital Counseling Webinar-Workshop

Dates: June 14 to 25, 2021

This two-week certificate webinar-workshop will start with teaching the basic attitudes and skills of pastoral counseling using both theory and practice (process-and-content methodology). It aims to give the participant a working knowledge of both the psycho-spiritual dynamics of premarital-marital relationships and the basic premarital-marital counseling methods.

This webinar-workshop aims to equip community and guidance counselors, pastoral workers, social workers, and other family ministers to:

- prepare couples for marriage
- understand couple dynamics that lead to conflicts and growth
- gain basic helping skills for couple counseling

The webinar-workshop will tackle the Marriage Preparation Program, dealing with premarital psychodynamics, assessment for readiness in marriage through the use of premarital assessment instruments, followed by educative counseling. It will then explore the sources and patterns of interactional conflicts among couples, both premarital and marital, focusing on their socio-cultural, psycho-emotional, sexual, and spiritual underpinnings. This is followed by the sources and patterns of interactional growth, accenting the psycho-spiritual experience of authentic love.

The course will end with two basic operational models for marital counseling. A content-and-process methodology will be used. The course incorporates practice of the premarital tools and the use of counseling techniques in role play sessions while facilitated by trained counselors.

A. LEARNING OBJECTIVES

- Impart knowledge, skills, and attitudes which are necessary in the development of competence of pastoral marital and premarital counselors
- Development of skills in premarital assessment for the prevention of premature and immature marriages
- Facilitation of the use of two marital counseling models for conflict-resolution and psycho-spiritual discernment, as well as for enrichment and growth processes
- Awareness of some marital issues, the ensuing dynamics between the spouses, and possible ways by which these may be addressed

B. SKILLS

Assessment

- Assessment tools for readiness for marriage
- Spotting psychopathologies that can affect couple relationships
- Sources of conflicts and growth in marital relationships

Case Conceptualization

- Apply theories and concepts in real-life couple cases
- Identify underlying issues, stressors, and other factors that affect couple relationship

Treatment

- Observe two basic couple counseling/therapy approaches
- Practice under supervision

C. ATTITUDES

- Actively participate in being a “church”; deepen faith, hope, trust, and humility
- Experience and appreciate the dignity of persons
 - Commit to deepen the capacity for compassion (empathy)
 - Be aware of one’s own self-care and growth

Methodology

This webinar-workshop will make use of:

- A psycho-spiritual approach in helping couples
- Online experiential process activities in groups
- Online demonstration of counseling sessions
- Counseling practice in online role play sessions
- Lectures, readings, case studies
- Growth group process

Date	TOPICS	Hours
June 14 Mon June 15 Tues	MODULE I: BASIC LISTENING SKILLS FOR NON-COUNSELORS	12
June 16 Wed	MODULE II: MARRIAGE PREPARATION PROGRAM	6
June 17 Thurs	MODULE III. THE USE OF GENOGRAM IN MARRIAGE PREPARATION	6
June 18 Fri	MODULE IV: PSYCHOPATHOLOGIES for non-counselors	6
June 21 Mon	MODULE V: COUPLE DYNAMICS	6

June 22 Tues June 23 Wed	MODULE VI: BASIC COUPLE COUNSELING	12
June 24 Thurs & June 25 Fri	GROWTH GROUP PROCESS	12
	Total	60 hours

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Family Dynamics and Counseling Webinar-Workshop

Dates: June 28 – July 9, 2021

This webinar-workshop is an intensive two-week certificate program particularly for persons and agencies whose work is focused on helping families. It is designed to develop and to enhance the following:

A. KNOWLEDGE

- Learn to look at a family as being capable and being full of opportunities
- Appreciate the Filipino family psyche
- Be exposed to different family counseling/therapy approaches
- Develop family dynamics from a systemic perspective
- Understand crises/transitions in the family and how the family can cope
- Identify “differentiation of self,” “boundaries,” and their implications to the Filipino concept of “family connectedness”
- Be aware and understand how one’s emotional birth order molds a person’s behavior, personality, and managerial skills

B. SKILLS

Assessment

- Show healthy patterns of behavior/strength and use them
- Specify family counseling approaches that would fit the helper and the helpee/s
- Distinguish between:
 - Ordinary conversation and counseling
 - Confession and counseling
 - Spiritual direction and counseling
 - Advice-giving and counseling
- Crisis intervention

Case Conceptualization

- Apply theories and concepts in real-life family cases
- Identify underlying issues, stressors, as well as individual and family life cycles that affect families

Treatment

- Observe the different systemic family counseling/therapy approaches
- Demonstrate and replicate them under supervision
 - Manage transference and countertransference
 - Design referrals

C. ATTITUDES

- Actively participate in being a “church;” deepen faith, hope, trust, and humility
- Experience and appreciate the dignity of persons
 - Commit to deepen the capacity for compassion (empathy)
 - Be aware of one’s own self-care and growth

Methodology

This webinar-workshop will make use of:

- A psycho-spiritual approach in helping families
- Online experiential process activities, both individually and in groups
- Online demonstration of counseling sessions
- Online role-play sessions
- Lectures, readings, case studies
- Growth group process

Date	Topic	No of Hours
Module 1 June 28, Mon AM	Psycho-Spiritual Approach to Family Counseling	3 hrs
Module 2 June 28, Mon PM	The Family as a System	3 hrs
Module 3 June 29, Tues AM	The Contemporary Filipino Family	3 hrs
Module 4A June 29, Tues PM	Bowenian Approach in Family Counseling	3 hrs
Module 4B June 30, Wed Whole day	<u>Skill/Tool: Genogram</u>	8 hrs
Module 5 July 01, Thurs AM	Skill/Tool: Family Floor Plan Breakout Group Activity: Family Floor Plan	3 hrs
Module 6 July 01 Thurs PM	Solution-Focused Family Therapy (Kim Berg)	3 hrs
Module 7A July 02, Friday Whole day	(Growth Group) Group Counseling Focusing on Family Systems Interaction <u>Skill/Tool: Growth Group</u>	8 hrs
Module 7B July 05, Mon Whole day	(Growth Group-Continued)	8 hrs

Module 8 July 06, Tues AM	Human Validation (Experiential) Approach to Family Counseling (Satir)	3 hrs
Module 9A July 06, Tues PM	Family Case Conceptualization	3 hrs
Module 9B July 07, Wed Whole day	Family Case Conference using Different Family Counseling Theories	8 hrs
Module 10 July 08, Thurs AM	Boundaries & Power in Family Counseling	3 hrs
Module 11 July 08, Thurs PM	Stress Management	3 hrs
Module 12 July 09, Fri Whole day	Psycho-Spiritual Approach Recollection (On Family Resilience) -SERVE	6 hrs