

Intersession Offering 2022

Premarital and Marital Counseling Webinar-Workshop

Dates: June 13 to 25, 2022

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
June 13 Mon	Human Spiritual Maturity
June 14 Tues June 15 Wed	MODULE I: BASIC LISTENING SKILLS FOR NON-COUNSELORS
June 16 Thurs June 17 Fri	Personal Growth Groups
June 18 Sat	Processing & Integration of Growth Group Process
June 20 Mon	Assessment Tools in Couple Counseling Value Clarification & Compatibility Authentic Love Spotting Psychopathologies

June 21 Tues	Assessment Tools in Couple Counseling Matching of Genograms
June 22 Wed	Sources/ Patterns of Interactional Conflicts in Filipino Culture
June 23 Thurs	Marital Counseling Model A
June 24 Fri	Marital Counseling Model B
June 25 Sat	Psycho-Spiritual Discernment & Integration

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Family Dynamics and Counseling Webinar-Workshop

Dates: June 27 – July 8, 2022

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

TOPICS
Psycho-Spiritual Approach to Family Counseling
The Contemporary Filipino Family
The Family as a System Bowenian Approach in Family Counseling
Genogram
Structural Family Therapy (Minuchin)
Solution-Focused Family Therapy (Kim Berg)
Human Validation Approach to Family Therapy (Satir)
Boundaries & Power in Family Therapy
(Growth Group) Group Counseling Focusing on Family Systems Interaction
Family Case Conceptualization

TOPICS
Family Case Conference using Different Family Counseling Theories
Stress Management & Self Care
Family Resilience