

PSY29420 : Psychotherapy Theory and Interventions—Couples and Family Systems

This course is designed to introduce you to the basics of Couple Therapy. It is designed as a graduate-level introduction for students studying to become professional therapists. Emphasis will be on exploring what makes couples work differently than individual work. We will explore the use of couple therapy throughout the full cycle of successful therapy—from creating rapport through assessment and goal setting to intervention and providing feedback. Two of the leading research-backed therapies and a cursory use of REBT for couples will be explored in depth.

Credits 3