



## **RMT-CEFAM Intersession Offering 2024**

### **Premarital-Marital Dynamics and Counseling Seminar Workshop**

Dates: June 17 to 29, 2024

The Premarital-Marital Dynamics and Counseling Seminar Workshop is a two-week hands-on educational certificate program. It will start with teaching the basic attitudes and competencies of pastoral counseling using both theory and practice (process-and-content methodology) and will provide a psycho-spiritual approach to pre-marital and marital counseling.

This seminar workshop aims to equip community and guidance counselors, pastoral workers, social workers, and other family ministers with the ability to:

- Prepare couples for marriage
- Understand couple dynamics that lead to conflicts and growth
- Gain basic skills in couple counseling

The first week of the seminar workshop will focus on the Marriage Preparation Program, dealing with premarital psychodynamics, and assessment for readiness in marriage using premarital assessment instruments, followed by psycho-educational counseling.

The second week will explore the sources and patterns of interactional conflicts and growth among couples, centering on the underpinnings of socio-cultural, psycho-emotional, sexual, spiritual, and authentic love.

The course will end with the practice of two basic operational models for couple counseling in role-play sessions facilitated by trained counselors.

#### **A. LEARNING OBJECTIVES**

The participants will:

- Discuss attitudes, knowledge, and skills that are necessary for the development of competent pastoral premarital and marital counselors
- Build capability in premarital assessment and develop competence in psycho-spiritual education for the prevention of emotionally immature marriages
- Examine sources of couple conflicts and recommend marriage enhancement interventions
- Conceptualize cases of discordant couple interactions
- Adapt two marriage counseling models for mutual understanding, problem solving, psycho-spiritual discernment, and behavioral exchange for relational growth



## **B. SKILLS**

### **Assessment**

- Assessment tools for readiness for marriage

### **Case Conceptualization**

- Identify underlying issues, stressors, and other factors that affect the couples' relationship
- Apply theories and concepts in counseling conflicted couples

### **Case Management**

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

## **C. ATTITUDES**

- Actively participate in being a “church”; deepen faith, hope, trust, and humility
- Appreciate and respect the dignity of persons
- Commit to deepening the capacity for empathy and compassion
- Be aware of one's need for self-care and personal growth

### **Methodology**

This seminar workshop will make use of:

- A psycho-spiritual approach to helping couples
- Experiential process activities in groups
- Demonstration of counseling sessions
- Counseling practice in role-play sessions
- Lectures, readings, case studies
- Growth group processes



## **RMT-CEFAM Intersession Offering 2024**

### **Family Dynamics and Counseling Webinar-Workshop**

Dates: July 1 – July 13, 2024

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