

# Postgraduate Certificate Couples Therapy





## Postgraduate Certificate Couples Therapy

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/education/postgraduate-certificate/couples-therapy](http://www.techtute.com/in/education/postgraduate-certificate/couples-therapy)

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# 01

# Introduction

Couple relationships can be an important source of satisfaction, support and personal growth, but they can also present various challenges and conflicts that jeopardize their stability and emotional well-being. Couples therapy professionals are committed to helping couples identify and resolve these issues to improve their relationship. This TECH program has emerged as a unique opportunity to acquire the knowledge and skills necessary to become an expert in this specialized field of psychology. Through a pedagogical methodology based on Relearning, this 100% online program offers a complete and rigorous learning in addressing the most common problems and conflicts in relationships.





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*With this 100% online Postgraduate Certificate you will learn to identify and address the most common problems in relationships”*

Life as a couple is an exciting journey full of challenges and opportunities to grow together. However, at times, differences and conflicts can overwhelm individuals, leading them to experience emotional exhaustion and relationship difficulties. This is where Couples Therapy plays a crucial role in problem solving and building a healthy and lasting relationship.

According to a study conducted by the American Psychological Association in 2021, approximately 42% of couples in therapy experienced significant improvements in relationship and mutual satisfaction after receiving therapy. This specialized data demonstrates the importance and impact of Couples Therapy in people's lives.

This Postgraduate Certificate in Couples Therapy aims to provide students with a solid theoretical and practical foundation to understand the dynamics of couple relationships and how to apply best practices in therapy to help couples face and overcome their difficulties. Through this program, students will learn about the psychological theories, intervention techniques and communication skills needed to help couples improve their relationship and achieve greater emotional well-being.

At the end of the course, students will be able to apply techniques and strategies for conflict resolution, as well as methods of approach and accompaniment after a breakup. All this, through a 100% online methodology, which will allow students to access the contents at any time and place, preparing them to face the emotional and ethical challenges involved in working with couples and promoting healthy and enriching relationships for their patients.

Furthermore, through an innovative pedagogical methodology based on Relearning, the student will acquire the theoretical and practical keys to expand their knowledge in this important area, based on repetition.

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Psychology and Sexology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*A program designed in detail for you, with a complete multimedia material and the possibility of accessing it from any device with Internet connection"*



*Study through real cases, simulations and constant reiteration of information, thanks to TECH's Relearning pedagogical methodology"*

*Delve into the different attachment styles in couples and how they affect the dynamics of the relationship"*

*Become an expert in the accompaniment and approach to couple breakups through this 100% online program.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. This will be done with the help of an innovative system of interactive videos made by renowned experts.



# 02

# Objectives

Couples Therapy is a discipline that requires specific skills and knowledge to effectively address the complexities and challenges that may arise in romantic relationships. In order to provide students with comprehensive and practical training in this area, this TECH Postgraduate Certificate, establishes a series of general and specific objectives for the satisfaction of the future graduate, being the following:







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*You will be trained in the design of specific and effective intervention plans for the different conflicts between couples”*



## General Objectives

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- Obtain tools to be able to accompany cases related to difficulties related to sexuality
- Acquire skills to be able to share information about sexuality in a clear way
- Understand the aspects involved in the beginning and development of couple relationships (life cycle of the couple: establishment and evolution)
- Describe the dynamics of couple relationships and factors that generate alterations in them
- Achieve skills to face the multiple incidences and decision making that may arise in the exercise of their profession
- Gain an in-depth knowledge of the deontology of sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would undermine the therapeutic work





## Specific Objectives

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- ♦ Gain an in-depth knowledge of how couple bonds are formed
- ♦ Understand the functioning of attachment
- ♦ Learn how to deal with the most common couple difficulties
- ♦ Know how to approach transversal aspects to work on in couple relationships



*You will study real cases and analyze their treatment, which will allow you to expand your skills in the therapeutic management of couple relationships”*

# 03

# Course Management

This Postgraduate Certificate in Couples Therapy has been carefully designed to provide a complete and up-to-date education in Couples Therapy, through the contribution and experience of an exceptional teaching team. The professionals who teach this program are experts in the field of psychology and sexology, and have extensive academic experience. Each of them brings their unique approach and perspective, which enriches the learning experience and offers students a diverse and comprehensive view of this exciting area of study.





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*You will learn from highly qualified professionals with extensive experience in couples therapy”*

## Management



### Ms. Ramos Escamilla, María

- ♦ Sexologist and Couples Therapist
- ♦ Director of Destino Kink
- ♦ Degree in Psychology from the Complutense University of Madrid
- ♦ Master's Degree in Sexology, Sex Education and Sexological Counseling from the Camilo José Cela University

## Professors

### Ms. Rodríguez Sastre, Laura

- ♦ Psychologist, Sexologist and specialist in Sexual and Couple Therapy
- ♦ Specialist in Sex and Couple Therapy
- ♦ General Health, Emergency, Crisis and Catastrophe Psychologist
- ♦ Psychologist in Psychology and Sexology Offices



# 04

## Structure and Content

The syllabus of the Postgraduate Certificate in Couples Therapy has been carefully designed to offer students a complete and deep vision of the different areas that make up this specialty. Throughout the course, topics ranging from the theoretical foundations to the most current therapeutic techniques and approaches will be explored, always with the aim of providing quality teaching and relevant to the needs of future professionals in the field of Couples Therapy. All this, through different audiovisual resources, complementary readings and real cases that make the course an enriching and practical experience.





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*A syllabus with which you  
will acquire skills to address  
communication problems and  
build healthier relationships”*

## Module 1. Couples Therapy

- 1.1. Development of Couple Relationships
  - 1.1.1. Defining Elements
  - 1.1.2. Structure of the Couple
- 1.2. Evolution of Couples Relationships
  - 1.2.1. Search and Attraction
  - 1.2.2. Falling in Love
  - 1.2.3. Love
  - 1.2.4. Relationship Milestones
- 1.3. Attachment and Couples Relationships
  - 1.3.1. Attachment System Formation
  - 1.3.2. Secure Attachment
  - 1.3.3. Anxious Attachment
  - 1.3.4. Avoidant Attachment
- 1.4. Couples Therapy
  - 1.4.1. Features
  - 1.4.2. Indications and Contraindications for Couples Therapy
  - 1.4.3. Basic Principles
  - 1.4.4. Aspects to be Considered
- 1.5. Structure of Couples Therapy
  - 1.5.1. Different Approaches
  - 1.5.2. Initial Interviews
  - 1.5.3. Establishment of Hypotheses and Return
  - 1.5.4. Intervention
  - 1.5.5. Follow-up and Contract Creation
- 1.6. Some Tools in Couples Therapy
  - 1.6.1. Myths of Romantic Love
  - 1.6.2. Positive Exchanges
  - 1.6.3. Leisure Time Management



- 1.7. Conflict Management in Couples
  - 1.7.1. Introduction to Conflict Theory
  - 1.7.2. Factors that Influence Couple Conflict
  - 1.7.3. Defense Mechanisms
  - 1.7.4. Identification of Couples' Problems
  - 1.7.5. Negotiation Strategies
- 1.8. Infidelity
  - 1.8.1. Definition
  - 1.8.2. Etiology and Epidemiology
  - 1.8.3. Myths and Realities in Infidelity
  - 1.8.4. Specific Aspects to Assess and Work on
  - 1.8.5. Ethical and Deontological Implications
- 1.9. Jealousy Management
  - 1.9.1. Definition
  - 1.9.2. Differences Between Jealousy as an Emotion and Celotipia
  - 1.9.3. Specific Aspects to Assess and Work on
- 1.10. Couple's Breakup
  - 1.10.1. Accompanying the Breakup Process
  - 1.10.2. Reactions to the Breakup
  - 1.10.3. Love Mourning
  - 1.10.4. Traumatic Breakup
  - 1.10.5. Legal Proceedings



*Enroll now and develop your skills to detect and treat emotional dependency and jealousy problems”*

05

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

*With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



*It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.*

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Couples Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Couples Therapy** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Couples Therapy**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom

**tech** technological  
university

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