

Justice Institute of British Columbia
COURSE OUTLINE

Course Code:	SPE154
Course Title:	The Science and Art of Couple Therapy: Creating Secure Bonds
Prerequisite Courses:	N/A
School:	Community & Social Justice
Division/Academy/Centre:	Centre for Counselling and Community Safety
Previous Course Code & Title:	N/A
Course First Offered:	Nov 7-8, 2013

# of Credits:	Non-credit
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Course Description:

In this course, we will discuss and identify Emotionally Focused couple Therapy (EFT) as an approach to couple therapy. EFT offers a unique perspective on how to use the power of emotion and the new science of adult attachment to create significant, lasting change in couple relationships. EFT demonstrates excellent outcomes with many different kinds of couples, including those facing trauma and depression. This course combines cutting edge theory, research and clinical data into a 21st century vision of couple therapy. The course will consist of didactic presentations, discussion of clinical views, the viewing of training DVD's and applied practice.

This course is beneficial for psychologists, psychiatrists, mental health counselors, clinical counselors, clinical social workers marriage and family therapists.

Course Goal(s):

Participants will be able to identify the key concepts of attachment theory and apply the main elements of intervention using Emotionally Focused Couple Therapy.

Learning Outcomes:

Upon successful completion of this course, the learner will be able to:

1. Identify the key concepts of attachment theory and describe, explain and apply how they are identified in couple relationships
2. Summarize the main elements and interventions in EFT and relate them to attachment
3. Conceptualize how this model can be used with different kinds of partners and relationships
4. Identify relationship issues through the lens of attachment
5. Define and apply interventions to change the emotional interaction between the couple

Course Topics/Content:

- The New Science of Attachment as a Map for Couple Therapy
- Overview of EFT
- Stages and steps of EFT
- Interventions of EFT

- Working with emotion
- Addressing attachment injuries

Text and Resource Materials:

Required: None

Recommended:

Hold Me Tight: Seven Conversations for a Lifetime of Love, Little Brown, 2008
 The Practice of Emotionally Focused Couple Therapy: Creating Connection, Brunner Routledge, 2004
 Becoming an Emotionally Focused Couple Therapy: The Workbook, Brunner Routledge, 2005
 The Emotionally Focused Casebook, New Directions in Treating Couples, Furrow, Johnson & Bradley, 2011
 Emotionally Focused Couple Therapy with Trauma Survivors, Guilford, 2002
 Website: www.iceeft.com

Course Level:

	First Year		Second Year		Third Year		Fourth Year
	Graduate	x	Other (describe): Special Event				

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Course Grading System:

	Letter Grades		Percentage	X	Pass/Fail
	Complete/Incomplete		Attendance Only		
Passing Grade:		Pass			

Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

- Student Academic Integrity Policy
- Academic Progression Policy
- Admissions Policy
- Academic Appeals Policy
- Evaluation Policy
- Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

- Access Policy
- Harassment Policy – Students
- Student Records Policy
- Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.