



Relationship Counselling Training Program Overview **(Your Counselling Dost)**

Format: 15 Classes

Level: Beginner → Intermediate → Practitioner

Includes: Theory, Skills training, Practice worksheets, Demo sessions & Activities

<i>S.no</i>		<i>Syllabus Topics</i>
1.	Day 1	Introduction to Relationship Counselling
2.	Day 2	Attachment Styles & Childhood Conditioning
3.	Day 3	Communication Patterns in Relationships
4.	Day 4	Conflict Dynamics & Conflict Resolution Tools
5.	Day 5	Emotional Needs, Boundaries & Safety
6.	Day 6	Understanding Relationship Cycles & Patterns
7.	Day 7	Healthy Relationship Skills
8.	Day 8	Core Skills: Neutrality, Mediation & De-escalation
9.	Day 9	Assessing Relationships: Tools & Inventories
10.	Day 10	Dealing with Infidelity, Trust Breaks & Betrayal
11.	Day 11	Emotional Abuse, Gaslighting & Toxic Dynamics
12.	Day 12	Intimacy, Sexual Compatibility & Relationship Wellness
13.	Day 13	Breakup Counselling & Relationship Closure
14.	Day 14	Ethical Guidelines & Cultural Sensitivity
15.	Day 15	Practicum Day: Live Demonstration With Roleplay



◆ MODULE OVERVIEW (15 CLASSES) - DETAILED

■ CLASS 1 – Introduction to Relationship Counselling

Objectives:

- What is relationship counselling?
- Difference between individual vs couples therapy
- Core principles: neutrality, boundaries, systemic thinking

Activities:

- Case vignette discussion
- Therapist self-awareness checklist

■ CLASS 2 – Attachment Styles & Childhood Conditioning

Content:

- Secure, anxious, avoidant, disorganized styles
- How childhood wounds shape adult relationships

Activities:

- Attachment Style Assessment
- Inner child triggers mapping

■ CLASS 3 – Communication Patterns in Relationships

Content:

- Active listening
- Love languages
- Communication blocks

Activities:

- 5-min couple dialogue practice
- Reflective listening exercise



CLASS 4 – Conflict Dynamics & Conflict Resolution Tools

Content:

- Gottman's Four Horsemen: criticism, contempt, defensiveness, stonewalling
- Healthy conflict strategies

Activities:

- Repair attempts role play
- Identifying toxic vs healthy conflict cycle

CLASS 5 – Emotional Needs, Boundaries & Safety

Content:

- Understanding unmet needs
- Boundary types: porous, healthy, rigid
- Emotional safety vs fear-based relationships

Activities:

- Boundary-setting worksheet

CLASS 6 – Understanding Relationship Cycles & Patterns

Content:

- Trauma bonding
- Repetition compulsion
- Family-of-origin patterns

Activities:

- Genogram mapping
- Couples pattern identification quiz

CLASS 7 – Healthy Relationship Skills

Content:

- Security-building behaviors



- Affection, validation, appreciation
- Repair rituals

Activities:

- Designing a daily connection ritual

CLASS 8 – Therapist Skills: Neutrality, Mediation & De-escalation

Content:

- How to remain unbiased
- Mediation techniques
- Calming dysregulated couples

Activities:

- 3-step de-escalation demo
- Therapist mistake scenarios

CLASS 9 – Assessing Relationships: Tools & Inventories

Content:

- Relationship Satisfaction Scale
- Conflict Style Inventory
- Red flag vs green flag assessment

Activities:

- Mock assessment

CLASS 10 – Dealing with Infidelity, Trust Breaks & Betrayal

Content:

- Types of infidelity
- Trauma response
- Repair process (admission → accountability → rebuilding trust)

Activities:

- Infidelity case formulation



■ CLASS 11 – Emotional Abuse, Gaslighting & Toxic Dynamics

Content:

- Coercive control
- Gaslighting scripts
- Trauma-informed counselling

Activities:

- Identification worksheet
- Safety planning

■ CLASS 12 – Intimacy, Sexual Compatibility & Relationship Wellness

Content:

- Emotional vs physical intimacy
- Sexual communication
- Myths around intimacy

Activities:

- Values & intimacy alignment worksheet

■ CLASS 13 – Breakup Counselling & Relationship Closure

Content:

- Stages of grief
- Closure models
- Rebuilding identity post-breakup

Activities:

- Closure letter exercise
- Self-worth rebuilding plan



CLASS 14 – Ethical Guidelines & Cultural Sensitivity in Relationship Counselling

Content:

- Confidentiality
- Working with diverse couples
- Therapist bias

Activities:

- Ethical dilemma analysis

CLASS 15 – Final Day: Live Demonstration With Roleplay Supervision

Content:

- Student practice real session
- Therapist stance & intervention feedback
- Final Q&A

Activities:

- Roleplay demonstration with evaluation

ADDITIONAL PERKS WITH RELATIONSHIP COUNSELLING COURSE

1. BONUS 1: Professional Toolkit (Downloadable PDF)

A 40–50 page toolkit including:

- Intake form for couples
- Relationship satisfaction scale
- Conflict style assessment
- Emotional needs checklist
- Boundary-setting worksheet
- Session note templates
- De-escalation scripts
- Feedback & progress tracking sheet



2. 🎁 BONUS 2: 20 Ready-To-Use Case Vignettes

This will include:

- Infidelity cases
- Miscommunication
- Attachment wounds
- Toxic patterns
- Long-distance couples
- Pre-marital conflicts

3. 🎁 BONUS 3: 10 Roleplay Scripts

Structured scripts for:

- First session with a couple
- Conflict mediation
- Trust rebuilding
- Communication repair
- Breakup counselling conversation

4. 🎁 BONUS 4: Language Bank (“What to Say When...”)

A goldmine for beginner counsellors:

- What to say when couples start blaming
- When a client cries
- When partners shut down
- Neutral ways to redirect arguments
- Questions to deepen insight
- Validation statements

5. 🎁 BONUS 5: 50 Relationship Worksheets
