

COUN7626 : Acceptance, Mindfulness, and Behavior Approaches with Couples and Other Interpersonal Relationships

In this course, students will be introduced to the application of acceptance, mindfulness, and related behavioral approaches to couples and relationship issues. We will explore the application of Acceptance and Commitment Therapy, Integrative Behavioral Couples Therapy, Relational Frame Theory, Schema Therapy, Dialectical Behavior Therapy, and Mindfulness to relationship issues. Participants will be able to identify relational patterns that lead to dissatisfaction or conflict and select interventions from a third-wave behavioral approach. Students will be prepared to assist their clients in engaging relationally with greater flexibility, less struggle, and an improved sense of satisfaction. **Fee:** Additional fee required.

Credits 1

Fees

\$50