



COUNSELLING AND CARE CENTRE

Post Graduate Certificate in  
Systemic Practice with Couples

**PGC-SPC**

**14 April 2023 to 18 August 2023**

The course will be funded under the non-preapproved CCF route for VWOs.

## COURSE DETAILS

### Introduction

This is a 94.5-hours part-time programme to equip trainees to work with couples. This programme will provide trainees with a greater understanding of the dynamics of couples from a systemic framework. Its distinctive feature is the emphasis on facilitating trainees' development of a repertoire of skills and techniques through guidance and supervision of their clinical practice with couples.

This course is module 1 of Post Graduate Diploma in Family and Systemic Practice (PGDFSP). Lectures will be conducted in a whole class while supervision groups will be conducted in smaller groups (less than 10 persons per group). The course will include a 2-day intensive training with an overseas trainer who is a renowned systemic practitioner.

### Learning Outcomes

This course enables participants to:

1. Develop an intermediate level of theoretical and clinical training in working with couples with a systemic approach.
2. Apply clinical and case management skills appropriately in convening and engaging couples in a range of challenging issues and in working with them systemically in multidisciplinary settings.
3. Increase self- reflexivity by generating an understanding of self as a practitioner in clinical practice and in management of ethical dilemmas.

### Duration

94.5 hours (part-time), 5 months.

### Structure

The course will be on Fridays, 9.00am to 6.00pm.

There will be a block of intensive training session (2 consecutive full-days, possibly Thu-Fri, subject to further confirmation) from a visiting lecturer in May 2023 respectively.

\* Supervision of Clinical Practice with Couples will be on Fridays 9.00am to 4.00pm.

COURSE MODULES	TRAINERS
<p>1. Principles and Precepts in Working with Couples</p> <ul style="list-style-type: none"> <li>• In this component, trainees will revisit and reconnect with a selection of systemic theories and models that are effective for working with couples.</li> <li>• It seeks to lay a theoretical foundation based on systemic concepts, and introduce useful frameworks of practice with couples.</li> <li>• 2-day intensive training with a visiting lecturer on specialised topics.</li> </ul>	<p>Sharon Koh (Mrs Sharon Sng), Foo Soo Jen</p>
<p>2. Working with Specific Issues</p> <ul style="list-style-type: none"> <li>• This component focuses on common challenges faced by couples in the Singapore context.</li> <li>• A broad spectrum of issues, challenges and contexts will be addressed, namely: working with emotions and high conflicts, betrayal and infidelity, relational and domestic violence, separation and divorce, post-divorce and reconstituted families, sex and sexuality, grief and loss, trauma, mental health concerns, illness and disabilities.</li> <li>• Practical ideas on how to work with these challenges will also be explored.</li> </ul>	<p>Sharon Koh (Mrs Sharon Sng), Foo Soo Jen, Cheryl Lim, Steven Soh, Tony Ong, Terence Tan, Lim Li Zhen and Jadelyn Lim (Mrs Jade Low).</p>
<p>3. Supervision of Clinical Practice with Couples</p> <ul style="list-style-type: none"> <li>• Opportunities will be given to trainees for the acquisition and honing of counselling skills in working with couples through skills demonstration and practice, group and individual supervision.</li> </ul>	<p>Sharon Koh (Mrs Sharon Sng), Foo Soo Jen</p>

Minimum Class Size: 10

Average Teacher-Student Ratio: 1:10

## Teaching and Learning Strategies

The course includes an integrated approach comprising lectures, interactive group activities, experiential exercises, and case studies.

Group supervision will be conducted in small groups (less than 10 persons per group) at our premise. Each group will be assigned with a supervisor for interactive and experiential learning such as group discussions, reflective exercises, audio/video-taped demonstration of trainee's clinical work and supervised practice of trainee's clinical work.

## ENTRANCE REQUIREMENTS

### Applicant Requirements:

1. Be at least 23 years old and be proficient in English
2. Possess a degree in Counselling, Psychology or Social Work and or post graduate diploma in Social Work or Counselling
3. Have completed CST, CSA or PGC-STA (conducted by CCC) or equivalent of a postgraduate certificate/basic course in systemic thinking and family therapy with at least 40 training course hours.
4. Have a minimum of 2 years of relevant **work** experience and **currently involved** in working with couples in diverse settings such as family service centres, FAM@FSC, counselling centres and medical/psychiatric hospitals.
5. Obtain relevant permission for audio/video recorded materials to be utilised for supervision in class, and/or for clients to be brought in for live supervised practice.

## REQUIREMENTS FOR COMPLETION

### Methods of Assessment

Written assignment.

Trainees should:

1. Attain attendance of at least 80% of the total 94.5 course hours.
2. Submit and pass (Score 50% and above) a written assignment
3. Completion of log of clinical work with couples in home agency (20hrs);
4. Video/ 'live' supervision presentation in class (at least 2hr)

Trainees will be awarded 'Post Graduate Certificate in Systemic Practice with Couples' upon fulfilling the Requirements for Completion.

## Opportunities for Further Education

Post Graduate Certificate in:

- Systemic Practice with Children, Youth and their Families
- Supervision and Practice in Working with Couples and Families

Post Graduate Diploma in:

- Family and Systemic Practice

## APPLICATION

### 2022 Intake

Date of commencement: 14 April 2023

Date of completion: 18 August 2023

### Documents for Application

Submission of the following supportive documents is required for processing of the application:

1. CV
2. Educational qualifications and highest English language proficiency (with grades attained, if applicable)
3. Completed [Letter of reference from the home agency/ Employer](#)
4. Completed [Certification by Centre Head](#)

### Shortlisted Applicants

- Applicants will be notified via email within 7 days from the closing date of application if they are accepted to the course.

## How to Apply

Please submit the Training Application Form when the applications are open.

Closing date for the intake is 23 February 2023 5pm.

## Course Fee

Course Fee: \$6,048.00

FPS Premium: \$60.48

Total Course Fee: \$6,108.48

No. of Instalments: 1

Application Fee: \$81.00

All fees quoted are inclusive of GST.

\*FPS is Fee Protection Scheme. FPS premium amounting to 1.0% of the Course Fees (subject to a minimum premium of S\$25.00) will be paid by the trainee. Application fee, FPS premium, and GST are non-refundable.

For more information about fee payment structure, please refer to the following link in our website.

<https://counsel.org.sg/fee-payment-structure>

## Contact Us

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