

## The Trainers

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Andrea Wigglesworth M.Sc. Advanced Counselling Practice, M.Sc Health Promotions. Dip Supervision, COSCA Trainer and Imago Therapist. Andrea is also a Couples Coach and Life Plan Coach, a gifted teacher who offers a psychodynamic and spiritual perspective to the course.



Vicky McEvoy M.A. Supervisory Practice, B.Th., H. Dip in Ad. Ed. Dip Couns. Dip Sup, Imago Therapist. Vicky founded and managed Oasis Counselling Service for 20 years and is an IACP Supervisor and Counsellor. Vicky is a Life Plan Coach and a Couples Therapist and Supervisor, working in Dublin.



**When you register** - You will have access to the online learning platform of Vital Connexions.

Those who require Continuing Professional Development Certificates will be required to submit a precis of your learning. For qualified therapists a Certificate in Couple Counselling will be awarded on submission of your learning journal

**Couples** - log in and enjoy restoring, renewing and revitalising your relationship!!

**book online** [www.vitalconnexions.org](http://www.vitalconnexions.org)

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Connecting for Life.....

# Relationship Coaching

**Revitalise, restore and renew your relationships**

[www.vitalconnexions.org](http://www.vitalconnexions.org)

Email: [vitalconnexions10@gmail.com](mailto:vitalconnexions10@gmail.com)



**AN ONLINE COURSE**

pre recorded - watch in your own time  
and with others...

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# On line - pre recorded

Each module is £150

**Register on line:**

[www.vitalconnexions.org](http://www.vitalconnexions.org)

**THIS COURSE IS SUITABLE FOR ANYONE WHO IS INTERESTED  
IN THE INTER PERSONAL DYNAMICS OF:**

**LOVE RELATIONSHIPS (Couples welcome!)**

**EMOTIONAL AND SPIRITUAL HEALTH IN ALL RELATIONSHIPS  
(Business Leaders, Pastors and team leaders)**

**RELATIONSHIP COACHING (Counsellors who wish to  
deepen their work with couples)**

**Module 1 and 2 available March 2021 Modules 3 and 4  
available summer 2021**

**This course awards 10 hours per module of Continuing  
Professional Development. For those who complete all  
modules the award of "Certificate in Couple Counselling"  
(COSCA) will be given.**

# Course Content:

**Module 1** - Attachment and the Couple Relationship - in this module we will look Interventions and insights from **Sue Johnson** (Hold Me Tight) Conversations around A.R.E., Demon Dialogues, Raw Spots, Revisiting Rocky Moments, Engaging and Connecting, Forgiving Injuries and Bonding through Sex and Touch.

## Module 2

Understanding how to get the love you want and need in relationships based on the work of Harville Hendrix and Helen LaKelly Hunt. The Conscious and Unconscious at work within relationships, unfinished childhood experience, power struggles, relationship styles and defence strategies within the Relational space. Expressing Appreciations and Frustrations, The power of a Shared Relationship Vision and Re-romanticising relationships.

## Module 3

Introducing the amazing work of John and Julie Gottman Interventions and insights including- Love Maps, Relational pollutants, Solvable and Unsolvable Problems, 7 conversations to make Marriage work based on some of John Gottman's research.

## Module 4 - Affair Recovery and A Good Goodbye

It is a sad reality that not every marriage works. Helping couples **process** when the end of the road has come so that their children can live safely in the space and so that they can move on without bitterness. Helping couples to talk safely about the practical and emotional issues of sexual expression and helping individuals who have been hurt in this area

The Course contains didactic teaching, media presentations of couples working with a relationship coach - and lots of fun and energy!