

Couples Counseling: History, Special Considerations, and Effective Theories and Interventions

Presented by David Burkholder, PhD, LPC
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Thursday, April 2, 2020 | 6:30-8:30pm*

**Please note the start time of the event. Check-in will begin promptly at 6:00pm.*

Monmouth University Edison Atrium

\$20 for Alumni and Professionals

Free for Current Students

2 CE Hours will be provided.

Presentation Description:

As a treatment modality, couples counseling has experienced a distinct and uneven development. While couples counseling theoretically emerged in the 1930s, the profession did not start coming into its own until the mid-1980s. Since that time, much refinement and advancement has occurred within couples counseling, including the emergence of evidence-based theories and deeper understandings of working with issues specific to couples. In this program, the history of couples counseling will be discussed, from the theoretical phase (1930s) to the refinement phase (1986-the present). Attendees will also be provided with critical information relating to distinct issues couples face, namely infidelity and domestic violence. Finally, attendees will learn about the two foremost evidence-based theories within couples counseling, Emotion-Focused Therapy and Gottman Method Couples Counseling. Interventions associated with each theory will be covered.

Those interested in attending this presentation must register in advance via this link by

Monday, March 30th: <https://pcevents.monmouth.edu>

*Drop-in registrations the day of the event will not be accepted. All Professional Counseling workshops are **non-refundable**. Please refer to the website for more detailed information about the refund policy.*



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