



JACKIE BURKE

psychology & consulting

TRAINING PROGRAM

Deciphering Controlling Behaviours

Overview

Many couples seeking counselling are struggling with one or both person's controlling behavior. As clinicians we are required to accurately assess and respond to controlling behaviours. Most clinicians can correctly identify physically violent relationships as unacceptable but even physical violence within relationships can stem from diverse sources and require different approaches to be effectively resolved.

Clinical competence can be even more challenged by controlling behaviours that do not manifest physically. Such behaviours can include chronic criticism, defensive responses to requests for change, isolating a person from their friends and family, signaling contempt and snooping. These controlling behaviours can also stem from various sources and deciphering which you are working with is key to optimising outcomes.

What This Program Will Teach You

This program will provide clinicians with the latest research about different types of control and violence including characterological and situational domestic violence and will explore how the impacts of trauma on one or both partners can manifest in behaviours that are controlling. Treatment approaches for different types of control in relationships are explored enabling optimally effective interventions for clients. Clinicians will be immediately equipped to implement their learnings in their work with clients.

Who Should Attend

Psychologists, Counsellors, Psychotherapists, Coaches, Social Workers, and Psychiatrists who work with individuals and couples who are experiencing distress about their relationship.

Duration

Full Day

Max Participants

25

Learning Outcomes

- An understanding of the many faces of control in relationships.
- Ability to assess the sources of controlling behaviours in couple interactions.
- Indications and contraindications for couple therapy.
- Effective treatment approaches for different types of control in relationships.