

STREE MANORAKSHA TRAINING

Couple and relationship counselling





Learning objectives

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- Understanding when and when not to provide couple counselling.
- Understanding the process of couple and relationship counselling.
- To learn about safeguarding children from violence in the family.

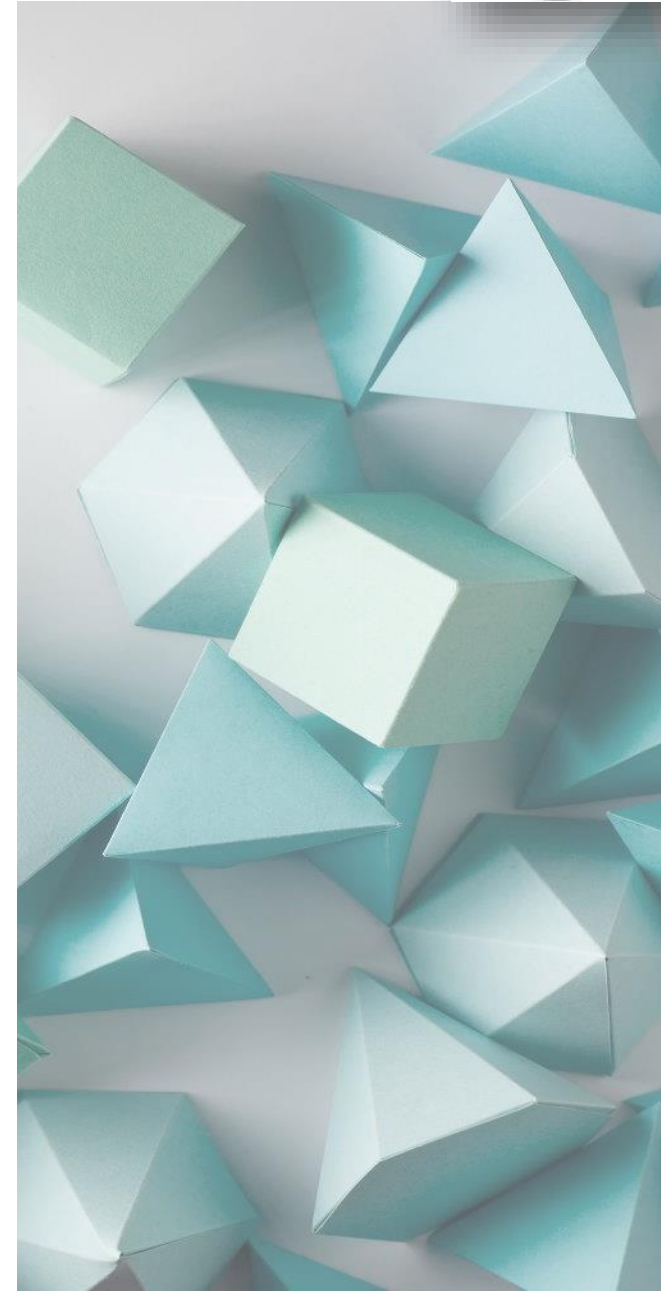


Let's understand what is Couple Counselling.

What is Couple Counselling?

Couple Counselling is provided to people who are in a relationship (married or unmarried).

- Also known as marital counselling (if the couple is married).



For whom?

- Unmarried couples
- Married couples
- Live in partners
- Older couples
- LGBTQI+ couples



Why?

- To improve relationship among the couple by better conflict resolution.
- To learn more effective ways of solving their problems.
- To provide support for safe separation if needed.



When?

- Begin only when the safety of the woman and her children is ensured.
- Only if the woman has consented for a joint session after discussing the process in detail.



When?

- When there is situational violence (when the violence is situational or contextual).
- The couple should be able to articulate commitment to improve relationship.
- The couple can adhere to a contract of no further abuse.



When not to ?

- If the issues are rooted in patriarchal beliefs (power control wheel).
- If the woman is fearful of her partner.
- If the woman is not comfortable with a joint session and does not give consent.



When not to ?

- If both the partners are not agreeing for a joint session.
- When there is ongoing severe violence.
- When the woman or her partner lacks capacity (in case of an acute psychotic illness or dementia).



When not to ?

- If the woman has decided to end the relationship.
- When the risk for aggression is high (discussing the issues in the session jointly may increase the violence).



When not to ?

- If the partner has personality disorder- Anti Social Personality Disorder/Narcissistic personality/ Paranoid personality
- Evaluation and referral for individual therapy is required



When not to ?

- Substance use disorder (like severe alcohol use disorder) in partner may be one of the contributing factor for violence.
 - Evaluation on treatment for substance use is required





Types of violence between couple

Types of violence between couple

- Physical Violence
- Emotional violence
- Sexual Violence
- Controlling behaviours
- Coercive behaviours

Factors leading to male to female violence in a relationship

- Doubts(suspiciousness) about the partner.
- Mental health issues of the perpetrator.
- Use of alcohol or other substances.
- Personality disorders.

Factors leading to male to female violence in a relationship

- Exposure to violence from childhood
- Patriarchal beliefs.
- Dowry related issues.
- Perceiving violence as masculine behaviour.



What to do in couple counselling?

What to do?

- Take consent before every session.
- Inform that the primary goal of therapy is ending violence among the couple.
- Check specific risk factors for violence.
- Discuss about negative consequences of violence.

What to do?

- Discuss that there is always a risk of injury even if less violence is present.
- Focus on anger management techniques and afterwards on problem solving skills.
- Discuss that violence is a learned behaviour and a choice.

What to do?

- Both spouses must take responsibility for stopping violence among them.
- No-violence contract, either written or verbal, with the therapist.
- Regularly check for escalation of violence among the couple (Partner can get aggressive during or after the session).

What to do?

- Ask both the partners to think about steps to prevent further violence.
- The counsellor must have regular discussions about the counselling with peers or supervisors (while maintaining the confidentiality).

What to do?

- First Session- Share important information and list of referral services.
- Appointment for further session- consider the convenience of both the partners.

What to do?

- Establish and strengthen support system.
- Safety planning.

Anger Management

STOP skills:

S – Stop for that moment. Do not react

T – Take a step back from that situation

O – Observe your body and thoughts

P – Proceed carefully

Anger Management

- Write about your anger.
- Mention date and time.

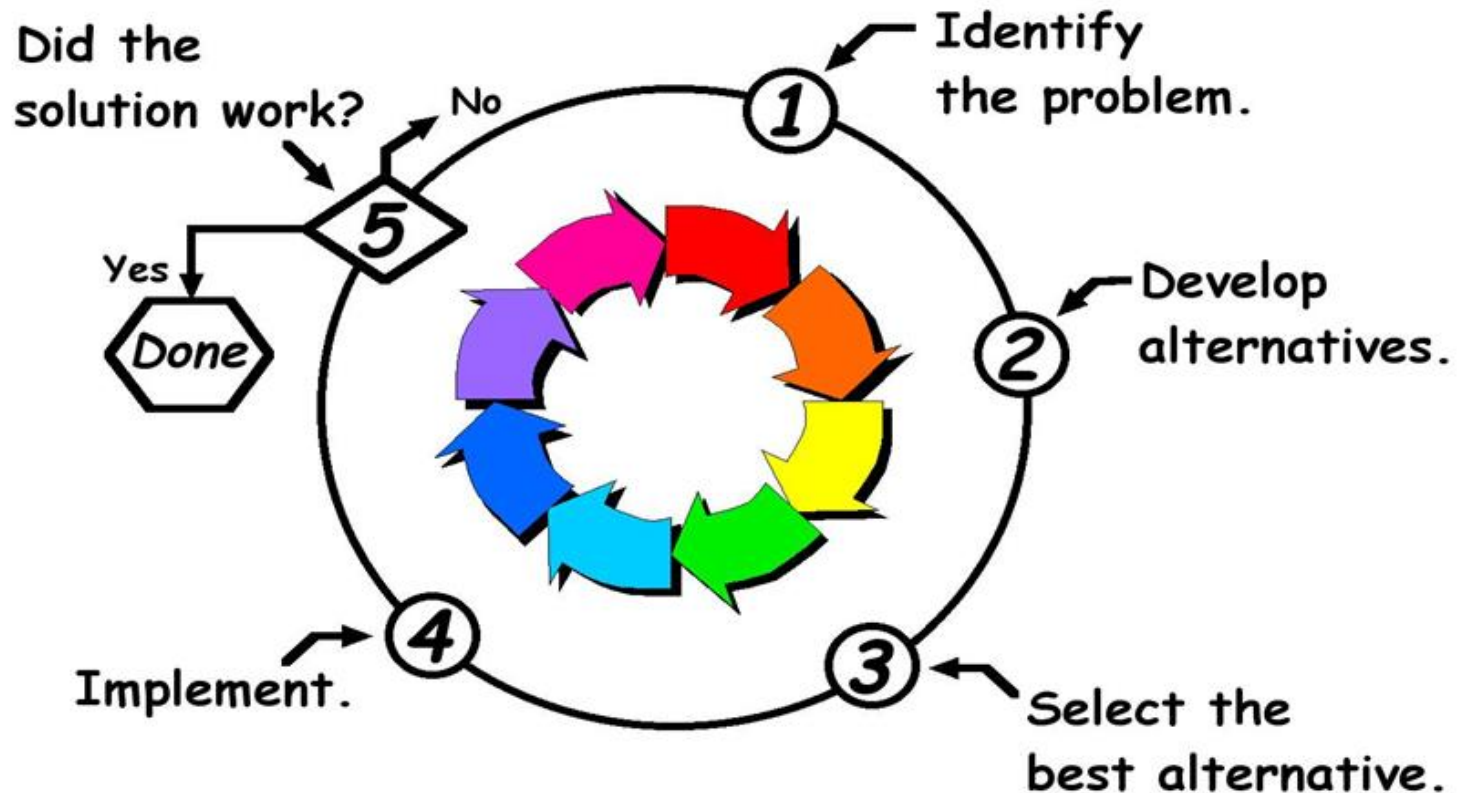
A- Antecedents (Situation that caused anger)

B- Behaviour (What did you do when you got angry)

C- Consequences

Problem Solving

Steps to solve a problem...



Conflict Resolution- Healthy Methods

Reasoning	Using rational arguments	checking alternatives, finding solutions for the problem.
Assertion	Expressing views and wants directly and respectfully	clearly stating one's position, respectfully redirecting the conversation to the issue, emphasizing points.
Partner Support	Acknowledging partners view	actively listening or questioning, expressing clear agreement with the partner, making compromises or concessions (middle ground)

Conflict Resolution- Negative Methods

Coercion	Taking control using force	Blame, threats, sarcasm, physical or verbal aggression.
Manipulation	Attempting to gain compliance by false means.	Providing misleading information, attempting to make the partner feel guilty or defensive, feigning sincerity or various mood states.
Avoidance	Physical and/or emotional withdrawal from the situation.	Changing or avoiding the topic, avoiding eye contact, minimizing the situation by joking.

SAFEGUARDING CHILDREN



Safeguarding children

- Children from violent households are at the risk of developing mental health problems.
- Discuss about safety planning.

Safeguarding children

- Separation of child/children from the violent environment to be considered :
 - When all other means of safety. have been considered and offered.
 - Child is at imminent risk.
 - When victim is unable to protect the child.

Safeguarding children

- Contact Child line/ Child Welfare Committee if you are concerned about the child's safety.
- Teach the child about what do during crisis.
- Help the child identify his/her safe places.

Thank you

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