

# Family and Couples

## Counseling and Therapy – Professional Training Course



Offered by  
Success Edu Hub Academy – Amman, Jordan

Accredited by the German Jordanian University (GJU)

### About the Course

The Family and Couples Counseling and Therapy Course is a comprehensive professional training designed for individuals who seek to understand family dynamics and help couples and families build healthy, balanced relationships.

Throughout this 36-hour program, participants will explore key concepts in family systems, marital counseling, and psychological support methods. The course emphasizes practical application through real-life examples and role-playing exercises, preparing participants to effectively address emotional challenges, communication issues, and relational conflicts within family and couple settings.





## Course Outline (6 Weeks – 36 Training Hours)

### week 1

#### Foundations of Family and Couples Counseling

- The role of the family in individual development
- Family systems and relationship theories
- Principles and ethics of family counseling

### week 2

#### Marital and Relationship Dynamics

- Theories of marital and partner selection
- Gender differences and emotional communication
- Understanding attachment and relationship patterns

### week 3

#### Personality and Behavioral Patterns in Families

- Personality types and their influence on relationships
- Identifying and managing personality disorders within families
- Emotional intelligence and empathy development

### week 4

#### Common Family and Couples Challenges

- Communication breakdown and conflict resolution strategies
- Parenting issues and generational differences
- Restoring emotional connection and trust

### week 5

#### Counseling Stages and Techniques

- Stages of the counseling process
- Assessment tools and intervention planning
- Practical techniques for couples and family sessions

### week 6

#### Applied Practice and Professional Skills

- Advanced counseling methods and case discussions
- Self-care strategies for counselors
- Final supervised practice and course evaluation

## About Success Edu Hub Academy

Success Edu Hub Academy (SEH Academy) is a leading training and development center based in Amman, Jordan. SEH provides internationally accredited programs in psychology, mental health, and NGO management, focusing on practical, skill-based learning. The Academy collaborates with local and international experts and academic institutions such as the German Jordanian University (GJU) to ensure the highest professional standards in all its programs.

## About the Trainer – Dr. Mohammad Bani Salameh

Dr. Mohammad Bani Salameh holds a Ph.D. in Psychological Counseling and a Master's degree in Family Counseling. He is a Certified International Trainer by the American Board and currently serves as the Director of Training and Development at the Madim Family Development Center in the United Arab Emirates.

Dr. Bani Salameh has extensive experience in family and couples counseling, personality development, and self-care training. His approach integrates scientific knowledge with practical techniques to empower professionals in the field of psychology and mental health.