

Dealing with Commitment Issues in Relationships

Online Workshop, September 12, 2015, 1pm to 4pm AEST

Presenter: Dr Gery Karantzas, Edoctus

Commitment is one of the most widely researched and discussed topics in the field of relationship science. Despite this, individuals and couples facing commitment concerns pose vexing and complex issues for therapists and counsellors when working with clients. This half-day interactive workshop will provide an overview of the key factors that contribute to relationship commitment. The workshop will also outline contemporary models of commitment and how these models can guide therapists and counsellors working with individuals and couples facing commitment issues within their relationships. As part of the workshop, participants will be exposed to reliable and widely used measures of commitment that can be used to assess the commitment levels of clients.

This workshop is designed for practitioners that wish to develop a comprehensive understanding of the factors that influence individuals' and couples' commitment issues, and how issues regarding commitment impact on relationship stability and outcomes. While participants may have much experiencing in working with individuals and couples dealing with commitment issues, participants are assumed to have little to modest knowledge about the various types of commitment and process models underpinning commitment issues. This workshop will provide a scientific basis regarding the concept of commitment, and outline the evidence to date regarding the key variables that influence commitment issues in couples. Participants will also engage in case studies and activities in how to work with individuals and couples experiencing commitment issues.

Learning objectives: This workshop has five learning objectives. In this workshop, participants will develop knowledge and skills regarding:

1. process and structural models of commitment
2. the key factors that determine relationship commitment
3. how to assess commitment
4. how different types of commitment influence relationship stability and functioning
5. helping clients work through commitment issues

Workshop participants will be provided with handouts of the workshop slides, and useful measures to assess commitment.

Workshop Overview

Theory 1: *Understanding types of commitment and the process of commitment*

Theory 2: *Measuring relationship commitment*

Practicum 1: How to assess relationship commitment

Theory 3: *Predictors and outcomes of commitment*

Practicum 2: Working on commitment issues: Commitment case studies and activities

Cost: Professionals and academic staff: \$195.00 (early-bird rate – until Sept. 7th) \$245.00 (rate after Sept. 7th)
Students (full-time or part-time): \$125.00 (early-bird rate – until Sept. 7th) \$175.00 (rate after until Sept. 7th)
(Cost includes course materials)

Closing date: Registration and fees must be received by **September 10th, 2015**.

Spaces are limited, so you need to book early. To register, please go to:

<http://www.edoctusaustralia.com/workshops--seminars.html>

Your Presenter: Dr Gery Karantzas is the director of Edoctus. He is a leading expert in the science of relationships, having authored of over 50 publications and edited the Wiley-Blackwell Handbook of Couple and Family Relationships (with co-editor Patricia Noller). He is on the editorial boards of some of the field's top peer-reviewed journals and has been an organiser of many national and international scholarly events on the topic of relationships. Dr Karantzas is an award-winning teacher with over a decade of experience conducting teaching courses in relationship science and research methods both in university and industry settings. He is also a senior lecturer in the School of Psychology at Deakin University, and teaches widely in social psychology and developmental psychology and research methods at undergraduate and graduate levels.