

Couple Communication and Conflict: Unpacking Destructive and Constructive Communication and Conflict Patterns in Relationships

Online Workshop, September 12th, 2015, 9am to 12pm AEST

Presenter: Dr Gery Karantzas, Edoctus

One of the most common and pervasive issues that brings individuals and couples to seek relationship counselling is that of communication difficulties or conflict. Research to date, has identified some important communication and conflict patterns that serve to either escalate relationship problems or enhance relationship functioning. This half-day interactive workshop will provide an overview of these communication and conflict patterns and how to identify these patterns in individuals and couples. The workshop will discuss how different communication and conflict patterns influence relationship and family functioning. As part of the workshop participants will be exposed to reliable and widely used measures of communication that can be used to identify the communication and conflict patterns of clients.

This workshop is designed for practitioners who wish to develop a comprehensive understanding of communication styles and conflict patterns as well as how communication and conflict impact on relationship functioning and relationship outcomes. While participants may have much experiencing in working with individuals and couples dealing with communication and conflict issues, participants are assumed to have little to modest knowledge about the various types of communication and conflict styles. This workshop will outline the most current evidence regarding patterns of communication and conflict and how to work with clients to deal with communication and conflict issues.

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

1. understanding different patterns of communication and conflict
2. how difference patterns of communication and conflict impact on relationship and family functioning outcomes
3. how to identify and assess communication and conflict patterns
4. evidence-based strategies in working with clients with destructive communication and conflict patterns

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

Workshop Overview

Theory 1: *Patterns of communication and conflict*

Theory 2: *The effects of communication and conflict patterns on relationship and family functioning*

Practicum 1: Identifying and assessing an individual's and couple's communication and conflict pattern

Theory 3: *Working on communication and conflict issues with clients*

Practicum 2: Strategies for working with individuals and couples with destructive communication/conflict patterns

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 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.