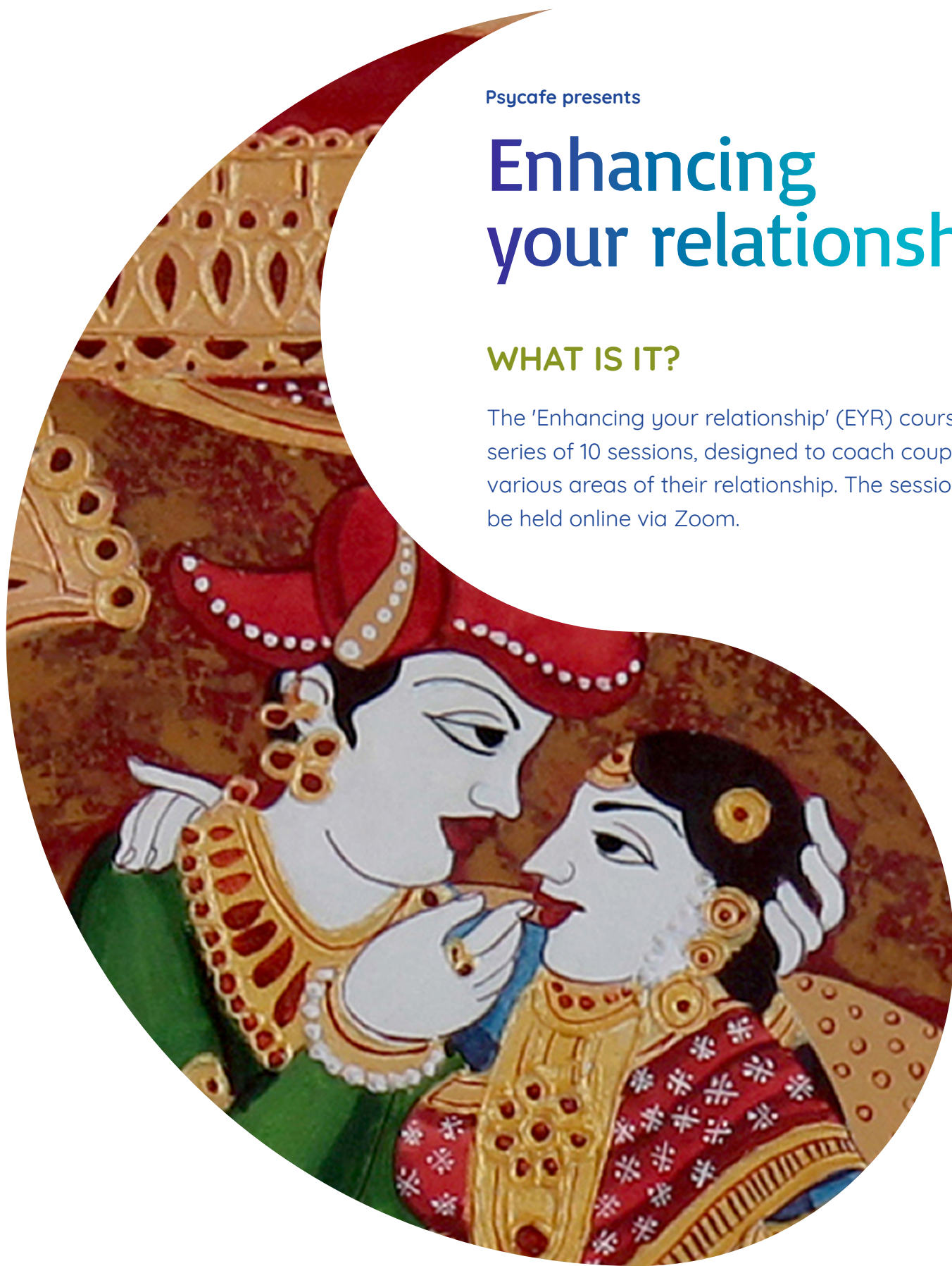


Psycafe presents

Enhancing your relationship

WHAT IS IT?

The 'Enhancing your relationship' (EYR) course is a series of 10 sessions, designed to coach couples on various areas of their relationship. The sessions will be held online via Zoom.



HOW DOES IT WORK?

The course content is structured, and it enables a couple to undertake a journey together that will give them a space to talk, discover and strengthen their relationship along the way.

- Each session lasts for 1 hour 30 minutes (which includes times for each couple to have conversations).
- We would encourage the couple to make it feel as special as possible and so please make time for this in your diary and be as creative as you want to design the time like 'date night'. (Suggestions: candles, snacks, drinks, kids in another room!)

WHEN DOES IT START?

There are **2 batches**-one on a weekend morning and the other on a weeknight. All are in Indian Standard Time (IST).

Batch 1

Starts on Sat, 10th Jun (10-11.30am)

Dates: 10/06/23, 17/06/23, 24/06/23, 01/07/23, 08/07/23, 15/07/23, 29/07/23, 05/08/23, 12/08/23, 19/08/23

Batch 2

Starts on Mon, 05th Jun (9.30-11pm)

Dates: 05/06/23, 12/06/23, 19/06/23, 26/06/23, 03/07/23, 10/07/23, 17/07/23, 31/07/23, 07/08/23, 14/08/23

WHAT WILL THE SESSIONS BE ABOUT?

Sessions 1&2:

Reviewing your connections, creating ground rules for the group, exploring existing couple satisfaction levels, setting goals on what you as a couple want out of these sessions.

Sessions 3&4:

Discovering (or re-discovering) the skill of effective communication, learning a framework for sharing thoughts and feelings to have difficult conversations without it escalating to a conflict.

Session 5:

Using the framework from previous sessions in areas like joint decision-making, fostering trust and exiting negative thinking patterns

Session 6:

Understanding and managing the influence of Others (eg. family, friends, job etc) in a relationship

Session 7:

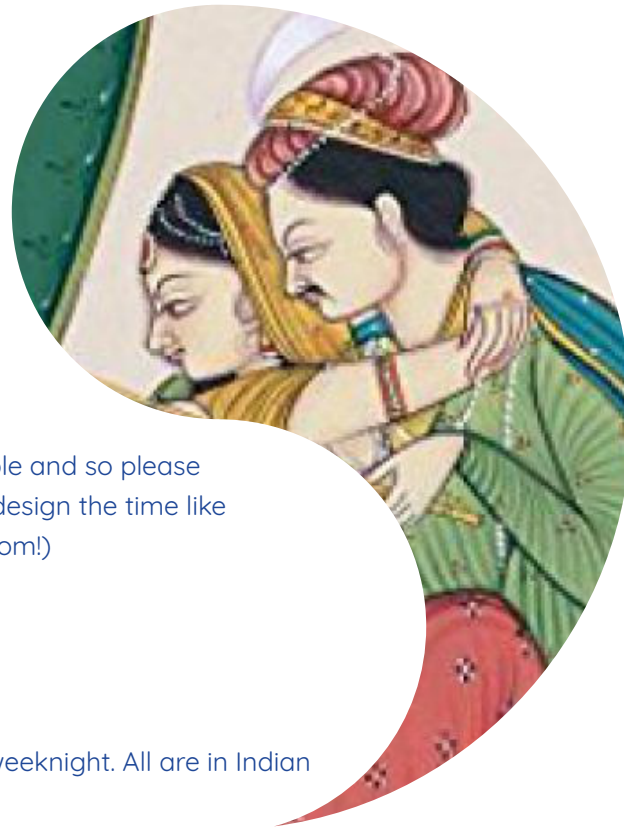
Untangling past hurts and traumas

Session 8&9:

Enhancing your sex life – introduction to Sensate Focus/ Sensual Intercourse

Session 10:

Reviewing initial goals, how to maintain progress achieved and what to do in case of a setback.



WHAT WOULD BE THE FORMAT?

Whilst the sessions will be online via Zoom and in a teaching kind of style, we encourage couples to be as interactive as possible with the trainer. But at no point will couples be asked to share anything which they are not comfortable with. They will not also be paired up with other couples for any group tasks etc. Each activity that the trainer gives is to be done by each couple on their own.

The trainer uses a mix of activities, principles, top tips on what works and what doesn't and gives time for participants to reflect, ask questions and feedback at the end of every session. There will always be a 10-15-minute break in the 1.5 hours to enable better concentration levels.

The sessions will be video-recorded and shared with the participants at the end of every session. So, if someone misses a session, they can watch the video and get up to speed before the next session. If during a session, someone is sharing something that they do not want recorded, they can request the video to be paused. The video will not be shared by the trainer to anyone else outside of this group.

WHAT IS THE FEE FOR THE COURSE?

Fees are to be paid upfront for the course before the first session. You can choose which option works for you.

Option 1

Pay upfront for 5 sessions in 2 lots at the rate of Rs.2,000 per session (this is for the couple).

Option 2

Pay upfront for all 10 sessions in 1 lot at the rate of Rs.1,500 per session (this is for the couple).





YOUR TRAINER

Shikainah Champion-Samuel is a psychological therapist in the National Health Service (NHS) in London, UK, where she has been working in a Primary Care psychological therapies service for the last 14 years. Prior to this, for around 10 years, she worked in a Mumbai-based NGO and a Coimbatore-based international training and development organization.

Her core training is in Clinical Psychology and later in the UK, she specialised in Behavioural Couples Therapy (BCT) among other things. She holds a Post Graduate Diploma in Behavioural Couples Therapy having received training from Professor Donald Baucom from University of North Carolina, USA and Dr Michael Worrell from Central London CBT Centre, UK. She works with couples both within the NHS and privately.

BCT is a type of couples therapy approach that is based on the interplay between thoughts, feelings and behaviours. The couple is taught skills to strengthen their connection, resolve conflict, explore the impact of family and rediscover (or discover!) intimacy.

When she's not working, Shikainah can be found savouring a good book with a cup of Earl Grey tea in hand; occasionally trying her hand at writing too. Somewhere between all this, she is also a wife and mum.

FOR ENQUIRIES

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