Course: cbt for couples and relationship problems

Address: https://asadis.net/en/course/cbt-for-couples-and-relationship-problems/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Treating a couple means working with two people who occupy the same relationship but live in different realities. Each partner's cognitive appraisal shapes their emotional response, which triggers the other's behavior, which reinforces the first partner's beliefs. This reciprocal causality—where cause and effect loop continuously—makes couples work fundamentally different from individual therapy.

In this course, you will learn to apply CBT principles to the unique complexity of couples therapy. You will develop skills to assess and intervene at both the individual and relational level. Dr. John Ludgate, trained directly by Aaron Beck, will guide you through evidence-based techniques refined over 30 years of clinical practice.

You will learn to conduct thorough cognitive and behavioral assessments that capture each partner's perspective while identifying systemic patterns. You will develop skills to conceptualize relationship problems within a shared framework that both partners can understand and use. You will practice strategies to prevent common therapeutic pitfalls like triangulation, over-identification, and the trap of treating individuals rather than the relationship itself.

The course will teach you to implement core CBT interventions adapted for couples, including:

• Cognitive reappraisal techniques for relationship-specific distortions
• Communication training using speaker-listener protocols
• Problem-solving frameworks for joint decision-making
• Behavioral exchange strategies to increase positive reciprocity

• Conflict management using time-out and emotion regulation skills

You will integrate mindfulness and acceptance-based approaches into standard CBT protocols. You will learn when and how to apply DBT emotion regulation strategies for high-conflict couples. You will discover positive psychology interventions that shift focus from eliminating negatives to building relationship strengths.

The training addresses practical clinical challenges throughout: managing psychiatric disorders in one or both partners, setting and enforcing ground rules for in-session conflict, determining when to see partners separately versus together, and preventing the erosion of therapeutic gains over time.

You will also learn Gottman's research-based interventions, including antidotes to the "Four Horsemen" communication patterns. You will practice motivational interviewing techniques to explore ambivalence about relationship change. You will develop skills to help couples move from complaints to requests, from blame to shared responsibility.

By the end of this course, you will have a structured roadmap for applying CBT to couples. You will be equipped to help partners recognize how their cognitive appraisals maintain relationship distress. You will guide couples toward healthier interaction patterns grounded in evidence-based techniques that have demonstrated effectiveness across diverse relationship problems.

Learning objectives:

1. Understand the CBT model as it applies to couples
2. Assess the problems and set up a therapy plan
3. Implement evidence-based CBT strategies in a couple context
4. Integrate mindfulness, motivational interviewing, DBT and positive psychology into the treatment of relationship problems

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert

Dr. John Ludgate is a licensed psychologist and Founding Fellow of the Academy of Cognitive Therapy, where he serves on the Credentialing Committee. He received his clinical training directly under Dr. Aaron Beck, the founder of Cognitive Therapy, at the Center for Cognitive Therapy in Philadelphia.

With over 30 years of clinical practice specializing in mood disorders, anxiety disorders, and relationship problems, Dr. Ludgate maintains an active practice at the CBT Center of Western North Carolina in Asheville while providing advanced training and supervision in Cognitive Behavioral Therapy to mental health professionals internationally.

Dr. Ludgate is the author of Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, the seminal clinician guide that translates longitudinal outcome research into practical relapse prevention protocols. His other influential publications include CBT Couples Toolbox, Cognitive Therapy with Inpatients: Developing a Cognitive Milieu, Overcoming Compassion Fatigue: A Practical Resilience Workbook, and Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness.

His research on predictors of long-term outcome in CBT for depression, including a landmark 5-year follow-up study of 80 depressed outpatients, has informed evidence-based approaches to risk stratification and maintenance planning. Dr. Ludgate has published extensively in peer-reviewed journals and contributed chapters to major cognitive behavioral therapy texts on relapse prevention and treatment outcome.

His presentations and workshops on CBT approaches to anxiety, depression, relapse prevention, and relationship problems have reached audiences across North America, Europe, and Asia. His clinical work focuses on translating longitudinal outcome research into systematic protocols that therapists can implement throughout the treatment arc, from acute intervention through maintenance and booster sessions.

Syllabus

PowerPoint
Introduction
Theoretical Foundations of Couples CBT
Historical Overview of Couple CBT
CBT Model Applied to Couples
Applications of CBT for Relationship Approaches
Overview of CBT for Couples
Ground Rules
Assessment and Cognitive Exploration
Assessment Phase
Scales and Questionnaires
Assessment of Cognitive and Behavioral Factors
Identifying Thought-Feeling Link
Cognitive Appraisal- Components
Recognizing Distortions
Cognitive Re-Appraisal Strategies
Assumptions v Actuality
Intervention Strategies
Behavioral Interventions
Effective Communication
The Four Horsemen (Gottman)
Problem Solving for Couples

Mindfulness Strategies
Other ACT& Mindfulness Strategies
Positive Psychology Applied to Couples
Other Issues
Conclusion
Additional Resources
Handouts

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*