

Couples Counselling Course: A contemporary and client-focused approach

Relationships
AUSTRALIA · VIC

12 weeks | Online | Starts February 2026



Transform your work with couples and gain comprehensive knowledge and skills with our contemporary, client-focused course.

Our 12-week course is designed for counsellors who are new to working with couples, and students and practitioners in related fields who want to enhance their couples counselling skills.

It offers an immersive journey into contemporary couples counselling theories and approaches, with an emphasis on how this knowledge can enhance your counselling skills and deepen your relationships with clients.

Content and topics

- Established couples counselling theories and approaches in use in Australia today
- Extensive research and expert commentary on why particular approaches work well
- Ways to enhance your therapeutic skills and apply new theories and competencies to your practice
- Strategies to support reflective practice
- Common challenges that couples face, such as infidelity, communication difficulties, life transitions, conflicting use of social media, avoidance patterns, family violence and trauma
- Ethical decision-making
- How to support couples who are experiencing complex challenges
- How couples' emotional and sexual connection can be affected by identity including cultural diversity, gender, religion, health, disability and/or neurodiversity
- The role and impact of single session consultations when working with couples
- How to apply assessment processes and develop working formulations which consider couples' unique narratives, backgrounds and presenting dynamics

Discover what sets our course apart

-  Research & evidence-based
-  Client-focused content
-  Relevant to contemporary Australia
-  Convenient, online delivery
-  Practice-based seminars & workshops
-  A hybrid delivery of interactive modules & self-paced learning
- 75** Informed by more than 75 years of counselling service delivery

Learn more

Join a free 'Meet with Your Trainer' webinar to meet our facilitators, learn about the course and ask questions to help decide if it's right for you.



Scan the QR code or visit
rav.org.au/accredited-training/meet-your-trainer-couples-counselling/

Structure

12 weeks involving 7-8 hours a week of study. This includes weekly 2-hour online seminars and independent study time.

Outcomes

On course completion, you'll have the knowledge, skills and confidence to work effectively with couples, and help them to overcome obstacles and build stronger, healthier relationships.

Format

This course offers a unique blend of online, interactive sessions, self-paced learning and practical workshops, ensuring a dynamic and flexible educational experience that caters to different learning styles and schedules.

Interactive, self-paced online modules

Through our learning management system, online modules provide access to evidence-based readings on each topic. Students are expected to complete weekly online modules prior to weekly seminars.

Independent study

Each week of the course builds on knowledge and skills practiced in the previous week. Proactive and self-directed study is required to ensure students keep up with study requirements and can progress through the course.

Assessments

Weekly knowledge checks built into the self-paced modules will reinforce learnings to validate key understandings and foundational knowledge as you progress through the course. Two written essays involving audio visual and case study components form part of the overall course requirements.

Live, interactive online seminars

When: Thursdays, 10am-12:30pm (Vic local time)

Seminars will include weekly group discussions with peers and expert instructors on each of the self-paced module topics. You'll also apply weekly learnings through role plays, case studies, group discussions, and recording yourself using audio visual materials so that you can reflect back on your progress.

Online practice workshop

Dates: Friday 8 May and Saturday 9 May

Time: 9:30am-4:30pm (VIC/NSW local time)

Held as a one-off, 2-day online workshop midway through the course, expert clinical educators will guide you to work with your peers and apply your skills in a range of interactive role plays.

About us

Relationships Australia Victoria is a specialised provider of family and relationship services, and a leading training provider with national and international experience. Through our Centre for Learning and Innovation we provide research and evidence-led training, informed by over 75 years' service delivery experience.

2026 intake

Dates: 12 February to 29 May 2026

(Break from 2 April to 9 April).

Delivery: Online, part-time.

Course fees: \$3,500.

Instalment options are available.

A \$1,500 deposit is required to secure enrolment.

Learn more & express interest

- Call (03) 8573 2222
- Email ravtraining@rav.org.au
- Scan the QR code or visit rav.org.au/accredited-training/couples-counselling



Entry requirements

To apply, you must:

- have appropriate tertiary qualifications in social services or a related field
- have a minimum of one year's face-to-face experience providing counselling
- attend an interview.

You will be notified of the outcome of your application within 2 weeks of your interview.

Post-course options

After completing the course, you have the option to apply for one or both of the following programs:

- a Clinical Internship Program (100 hours) that is fully supported and coordinated by Relationships Australia Victoria
- a Clinical Supervision Program.

Our extensive service suite includes counselling, couple and family therapy, family relationship support, conflict management, family dispute resolution, mental health services, family violence prevention, support and recovery programs and parenting education. We deliver training across a broad range of topics related to these and other areas, as well as designing customised training solutions.

We acknowledge First Nations peoples as the Traditional Owners and Custodians of the lands and waterways of Australia and support their right to self-determination and culturally safe services.

We're committed to providing safe, inclusive and accessible services for all people.

