

SWRK 623. COUPLE THERAPY.

Credits: 3

Offered by: Social Work (Graduate Studies)

Terms offered: Winter 2026

View offerings for Winter 2026 in Visual Schedule Builder.

Description

The goal of this course is to introduce students to the major models of couple therapy. The course will be divided into four core theoretical approaches to couple therapy: integrated systemic therapy for couples, emotionally focused therapy for couples, mentalizing based couple therapy, and cognitive behavioural marital therapy. Common factors will be explored such as communication skills, therapeutic alliance and client/therapist characteristics, in couple treatment. Models will be presented integrating the lens of gender, race, poverty, social class, and multiculturalism into couple treatment.

- Prerequisite: SWRK 622

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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