



---

## COUPLES 101

---

### Program Description

**Couples 101** is a **12 session psycho-educational journey** designed to deepen connection and communication in your relationship. Through engaging **videos, hands-on exercises, and targeted homework**, supported by a Registered Social Worker certified in delivering Couples 101, **you'll acquire practical strategies** to collaborate, compromise, and communicate with confidence. In each session, **you will be meeting with your therapist**, while given opportunities to **practice the skills you are learning**, and **applying it to individual issues** that the two of you want to focus on **learning to resolve**.

---

### Learning Objectives

By the end of this program, you will learn how to:

- **Identify** the key factors that build, or erode, attachment in a partnership.
- **Apply** evidence-based emotion-regulation techniques when you feel triggered.
- **Practice** constructive ways to voice complaints and receive feedback with respect.
- **Implement** tools to remain grounded during difficult conversations.
- **Detect** and disrupt toxic communication patterns before they escalate.
- **Establish** clear, compassionate boundaries that enhance intimacy.
- **Repair** resentments through genuine apologies and meaningful amends.
- **Cultivate** the vital skill of forgiveness to release past hurts.
- **Co-create** a shared vision and actionable goals for your future together.
- **Decode** and speak each other's unique languages of love, daily.
- **Enrich** your intimate connection through open, honest dialogue.
- **Design** a year's worth of thoughtfully planned dates to keep the spark alive.
- **Nurture** personal calm and restore your individual energy to bring your best self to the relationship.

## COUPLES 101 CALENDAR

SESSION	TOPIC	ASSIGNMENT
1	<b>Foundations of Safety and Trust:</b> Create a foundation of secure attachment, emotional safety and mutual trust so you can feel truly heard and supported.	P&W-No assignment
2	<b>Calm in the Storm:</b> Regulate & Relate-Understand your conflict style and learn simple co-regulation techniques to stay grounded in yourself and each other, when emotions flare.	P&W-Body Scan (10 min)
3	<b>Speak &amp; Be Heard:</b> The Art of Respectful Feedback - Master a step-by-step approach to voicing needs without blame, and listening without defensiveness.	P- Catch the Positive (10 min)  W- The Gifted Memory (10 min)
4	<b>From Trigger to Transformation:</b> In this session we will be identifying how we negatively receive complaints, and practice having an uncomfortable conversation so we can resolve it.	P&W- Creating Boundaries (20 min)
5	<b>Boundaries for Belonging:</b> Discover how to give and receive clear, compassionate limits that can deepen your emotional and physical intimacy.	P&W-Uncomfortable Conversation (40 min)
6	<b>Letting Go &amp; Making Amends:</b> Move beyond resentment by learning the art of genuine apologies and heartfelt repair.	P&W- Date Night (1+ hour)
7	<b>Freedom Through Forgiveness:</b> Experience guided exercises that free you	P&W-Forgiveness Exercise (30 min)

	from past hurts and open the door to true forgiveness.	
8	<b>Shared Dreams Workshop:</b> Co-create a vivid, inspiring vision for your future together- complete with actionable steps.	P- Give Love (15 min) W- Catch the Positive (10 min)
9	<b>Unlocking Affection:</b> Explore each other's affection styles and boost daily expressions of care and appreciation.	P- Couples SWOT (20 min) W- Give Love (15 min)
10	<b>Intimacy in Action:</b> Pick from gentle, moderate, or adventurous touch activities designed so every couple can safely and joyfully build intimacy at their comfort level.	P&W- Touch Exercise (10+ min)
11	<b>Joyful Connection Lab:</b> Design your own year-long "date plan" filled with fun rituals that keep the spark alive.	P- The Gifted Memory (10 min) W- Couples SWOT (20 min)
12	<b>Couple's Self-Care Sanctuary:</b> Learn self-care practices that not only nurture you as individuals but strengthen your bond as a team.	P&W- Create Balance (15 min)

### Communication Protocols:

Your therapist is both your educator and counsellor. Their job is to support and educate both of you. As such, at any time, if you disagree with them, wish to say "no," need to clarify a miscommunication, or need to hold a boundary, please respectfully inform them. However, verbal abuse or disrespect, will not be accepted.

### Attendance/ Cancellation Policy:

If you are unable to attend the scheduled session, please let us know by contacting The Couples Clinic at 519-541-9173 or email us at [info@thecouplesclinic.ca](mailto:info@thecouplesclinic.ca) All

cancellations of sessions are required 24 hours ahead of the scheduled time. An alternative time can be re-booked to make up for the missed session. However, if the session is not cancelled within 24 hours, it is deemed a “missed session,” and it will not be refunded as per our cancellation policy.