



## OVERVIEW

This Professional Development Training Day is designed specifically for Civil Marriage Celebrants, working with couples planning to marry, who wish to enhance their theoretical knowledge and practical skills.

How will this training program benefit you?

- It will teach you how adults learn
- How you can assist couples to build strong, positive and stable relationships and contribute to each other's growth as committed partners.

Ask yourself - *Do we have to wait ...*

- Until couples experience problems, relationship breakdown, seek out counselling or require crisis intervention?

The Family Relationships Institute Inc. has been providing a successful model of Adult Education for positive relationships since 1978. The RelateWell Model emphasises that a strong sense of self coupled with a growing respect for other selves is the firmest basis for respectful relationships within the family, the community and society. Our organisation is a leading provider in preventative and early proactive intervention services and is highly regarded in the sector; and is funded by the Government Department of Social Services (DSS) to deliver family and relationship services to individuals, couples and families living in Victoria.

## Program Leader

The founder of the Family Relationships Institute Inc., Psychologist Don Burnard, has been a leader in the field of developing positive supportive relationships within families and communities. Since retiring from the organisation in 2012, Don has continued to work in developing the Adult Education Model for promoting meaningful and fulfilling relationships.

## Teaching Model:

The education model developed by the organisation is a psycho-educational, experience-based and interactive adult education model for learning. It recognises that people learn in different ways. All learning is influenced by past and present experiences. The goal of learning is growth not perfection. The whole of life's journey is a process of growing. Learning occurs when each adult learner increases their confidence by recognising the skills he/she already has and is able to express the changes he/she would like to make in their life style and in their relationships. All research needs to make allowances for the fact that each adult learner learns something different and applies it individually.

### Applying the Bridge Model to the Couple Relationship:

The Bridge Model is based on the Sydney Harbour Bridge. Sydney as a major city had a problem. There was a huge physical gap with the north shore and the south shore. It was impossible to fill in the Harbour so that left the possibility of either a tunnel under the Harbour or a Bridge over it. The Bridge worked because it enabled two-way traffic between the north shore and the south shore. It was critical that the bridge could provide two-way traffic. Another challenge was that the bridge had to be maintained each working day to prevent rust from the salt water fumes. The same principle applies to marriage. The marriage celebrant will explore this principle and apply it to the couple's relationship. The challenge in marriage is that the psychological gap, the cultural gap and the family transition gap between two partners is enormous.

People cannot fill their lives just like Sydney could not fill the Harbour. Partners cannot fill their lives with success, children, socialising, etc. There needs to be a two-way traffic of sharing thoughts and feelings and a two-way traffic of actions. Marriages need constant attention because of the demanding, often materialistic society we live in.

### Program Outcomes:

On completion of the program, Civil Marriage Celebrants will be able to:

- Work more effectively with couples seeking to establish a committed, intimate and respectful relationship as the firmest basis for establishing a positive stable family life.
- Understand what is involved in enabling adults to become their own agents of change by recognising, exploring and utilising their personal experiences as a major resource for learning and change.
- Understand core concepts and practices in adult learning and development.
- Comprehend and adopt a psycho-educational, experience-based interactive adult education model for working with couples.
- Understand and adopt the Bridge Model in working with couples:
  - How to balance and integrate the three fundamental qualities of a decent human being.
- Apply theoretical experience and specific educative tools and resources to assist adult learners to understand, build and strengthen healthy relationships.
- Adapt the model in life's many transitions.

Civil Marriage Celebrants will learn that:

- Couples do not need to be 'fixed' or 'straightened out' – they need to be given experiences of hope and confidence in their ability to make marriage and family work.
- Despite different views on marriage, there is a universal acceptance of the importance of a committed intimate exclusive and loyal relationship as being the best way to live.

### Certification of Attendance:

A Certificate of Attendance will be presented on completion of the 1 day training program.

**Duration:**

Details of the one day Training Day (lunch included):

**Date:** Thursday 16 July 2015  
**Time:** 10.00 am to 4.00 pm  
**Venue:** RelateWell Centre, 21 Bell Street Coburg (cnr Gladstone & Bell Sts)  
**Cost:** \$125.00 (GST Included)  
**Cut-off:** Friday 10 July 2015

**Program Structure:**

**Module 1:**

1. Outline and Overview of Adult Learning. Principles underpinning the model.

Areas explored:

- We need to understand the key principles underpinning a proactive program of adult education for positive relationships.
- Differences between the two partners are the ore from which committed couples mine the gold in their relationship.
- The desire to relate is innate. The ability to relate well is learned.
- The three fundamental measures of our humanity are our ability to think, to act (do) and to feel. We need to manage each of these in our individual way to integrate and balance all three.

**Module 2:**

1. Exploration of SELF rather than EGO  
 2. Four Pillars of Identity

Areas Explored:

- The key to a supportive relationship is a strong identity in each partner
- The key to a strong identity is a strong Self not a big Ego
- The struggle between enlightened selfishness and unenlightened selfishness

**Module 3:**

1. Three Powerful Approaches: Therapy – Counselling – Education. The first two emphasise healing and fixing. The third, education, is about growth.  
 2. The principles underpinning these three powerful approaches  
 3. Exploration of the five principles in adult learning

Areas Explored:

- As adults, the relationship with our inner child and inner adolescent is crucial
- Growth versus Perfection
- Fulfilment versus Failure
- The Adult as Learner

**Module 4:**

1. Introduction to the **Bridge Model** to strengthen relationships
2. Dependence, Independence, Interdependence – Essential pathways to maturity
3. Maslow's Needs Hierarchy

## Themes Explored:

- Reality a key component of the Bridge Model – Reality is the basis of fulfilling relationships, marriage and family life.
- The importance of Needs and Wants
- Knowing my needs, your needs and our needs
- It is differences and diversity rather than conformity that helps partners to enrich their relationship.
- Understanding the difference between dependence, independence and interdependence.

**Module 5:**

1. Growth – Six measures of growth
2. We need to speak the language of maturity – Must? Should? Want to? Will? Need to?
3. The changing role of attraction and love

## Themes Explored:

- Exploration of Think Feely; Feel Deeply; Enjoy Simply; Care Lovingly; Act Justly; and Live Courageously
- The changing role of attraction and love:
  - Attraction is about infinite possibilities
  - Loving is an accumulation of kind actions