



Below is an **example syllabus of the 65 CEs** offered as part of completing the *Conscious Uncoupling* Certified Coach Training.

Should you have any questions about this or the Coach Training, please write to the Coach Training Program Director Jessica Yip at programdirector@katherinewoodwardthomas.com.

Live Orientation on Zoom with Katherine Woodward Thomas, M.A., MFT - **12 Hours**

- Certification Requirements
- Shared Agreements
- Overview of core skills and capacities
- Overview of ethical guidelines
- Principles & perspectives
- Brief History of the field of coaching
- Overview of navigating the Conscious Uncoupling conversation
- Overview of the Conscious Uncoupling 5-step process

Breakup Trauma & Recovery **60 min video, 90 min supervision**

- a. How to identify breakup trauma
- b. Physical symptoms
- c. How to work with and contain difficult emotions and painful experiences

Ruptures of Attachment Trauma Treatment & Recovery (Not Eligible for CEs)

- a. Trauma in close relationships
- b. Resources & exercises to use in trauma
- c. Somatic Experiencing

Core Coaching Skills - Transference & Counter-Transference **60 min video, 90 min supervision**

- a. Definition & history of transference and counter-transference
- b. How to notice your own transference and counter-transference

- c. The coaches seat and ethics around the therapeutic relationship

Core Coaching Skills - Therapy vs. Coaching (Not Eligible for CEs)

- a. Differences between therapy and coaching
- b. Ontological coaching

Working with Difficult Personalities **60 min video, 90 min supervision**

- a. Identifying difficult personalities & the DSM
- b. Stigma of diagnosis
- c. Working with fragile personalities and referring.

The Good Karma Divorce (Not Eligible for CEs)

- a. Spiritual principles as they relate to how we break up
- b. Brain science and memories
- c. Discussion on the court system and mediation

Suicide & Homicide Risk Assessment & Intervention **60 min video, 90 min supervision**

- a. Assessing for suicide & homicide risk.
- b. Statistical Risk in breakups.
- c. Indicators & predictors for increased risk
- d. Protective factors and resources
- e. Ethics, boundaries, and referring

Common Couples Counseling Models (Not Eligible for CEs)

- a. Overview of common couples counseling models
- b. Core concepts and how they relate to the Conscious Uncoupling process

Intentional Divorce (Not Eligible for CEs)

- a. Biopsychosocial sexual perspective & navigating the relationship
- b. Chaos and breakups

Happiness Habits to Engage When in the Midst of Trauma (Not Eligible for CEs)

- a. Tips and tools to help clients navigate a breakup

Child Centered Divorce (Not Eligible for CEs)

- a. How to have a child-centered divorce
- b. How to create a story where the child still has a family

Domestic Violence Training **60 min video, 90 min supervision**

- a. Signs and symptoms of domestic violence
- b. Theory, statistics, & the cycle of violence
- c. The coaches role, resources, and referral

Practicum Overview & Preparation & Ethics in Coaching **60 min video, 90 min supervision**

- a. Discussion on ethics
- b. Provide an overview of the practicum

Core Coaching Skills - Listening (Not Eligible for CEs)

- a. Distinctions of active listening
- b. Listening rituals
- c. Steps of listening dialogue

The Stages of Healing Breakup Grief (Not Eligible for CEs)

- a. Overview of the stages of grief & meaning making
- b. Meeting clients where they are
- c. Positive psychology: Integrating grief as a necessary part of life

Attachment Theory and the Patterns of Healthy Attachment **60 min video, 90 min supervision**

- a. Overview & history of attachment theory
- b. Attachment styles and navigating breakups inside the Conscious Uncoupling
- process

Changing the Legal Landscape of Divorce in America **60 min video, 90 min supervision**

- a. Alternative legal processes
- b. Differences in how lawyers and coaches are trained to listen
- c. Ethics in Coaching

Practicum Intro Session **60 min video, 90 min supervision**

- a. Setting up Introductory Practicum Sessions
- b. Overview the intro session

Model Intro Session & Supervision **60 min video, 90 min supervision**

- a. Demo of the Introductory session

Practicum Session One **60 min video, 90 min supervision**

- a. Setting up Step One Practicum Sessions
- b. Overview Step One

Model Session One & Supervision **60 min video, 90 min supervision**

- a. Demo of Step One

Practicum Session Two **60 min video, 90 min supervision**

- a. Setting up Step Two Practicum Sessions
- b. Overview of Step Two

Model Session Two & Supervision **60 min audio, 90 min supervision**

- a. Demo of Step Two

Practicum Session Three **60 min video, 90 min supervision**

- b. Selling up Step Three Practicum Sessions
- c. Overview of Step Three

Model Session Three & Supervision **60 min audio, 90 min supervision**

- a. Demo of Step Three

Practicum Session Four **60 min video, 90 min supervision**

- a. Setting up Step Four Practicum Sessions
- b. Overview of Step Four

Model Session Four with Sue & Supervision **60 min audio, 90 min supervision**

- a. Demo of Step Four

Practicum Session Five **60 min video, 90 min supervision**

- a. Setting up Step Five Practicum Sessions
- b. Overview of Step Five

Model Session Five with Sue & Supervision **60 min audio, 90 min supervision**

- a. Demo of Step Five

Harvesting Practicum Learning **90 min supervision**

- a. Debriefing the Practicum Experience
- b. Professional Reflections

True You Awakening Process **90 min supervision**

- a. Demonstrating the 7-step True You Awakening Process
- a. How to deconstruct your Source Fracture Identity

Deeper Dating Tips for Those Getting Back in the game (Not Eligible for CEs)

- a. The deeper dating approach
- b. Core gifts and finding love

Exam Review & Licensing Agreement (Not Eligible for CEs)

- a. Review the exam
- b. Go over the licensing agreement

How to Build a Wildly Successful, Heart Centered Coaching Practice (Not Eligible for CEs)

- c. Building an authentic business
- d. 4 steps of the GROW model

Build Your Business with Free Media Exposure (Not Eligible for CEs)

- e. Ways to use the media to announce your business

The Structures of Building Your Coaching Business (Not Eligible for CEs)

- f. Basic business structures
- g. Questions and concerns

Success Principles & Practices to Build a Thriving Business (Not Eligible for CEs)

- h. Practices the build a thriving business
- i. Creating a business by doing what is authentic to you
- j. Staring where you're at

Marketing Your Practice, Part 1 (Not Eligible for CEs)

- k. Demystifying marketing: what is marketing?

- l. Interaction around marketing questions and concerns with Live Coaches Panel

Marketing Your Practice, Part 2 (Not Eligible for CEs)

- m. Backing intention with actions 80/20 rule
- n. Universal Marketing Cycle Strategies

Training Finale & Celebration (Not Eligible for CEs)