



Course Description

The course seeks to provide participants with a conceptual and experiential systemic framework with which to assess their personal family relationships with the intent of improving and enriching them.

It will furthermore promote family relational well-being by guiding and encouraging participants to set gradual objectives in relational growth and by giving them practical skills to achieve these desired objectives.

Participants will also be given methodology guidelines on how the acquired knowledge and skills can be shared for the benefit of other individuals, engaged and/or married couples and families.

Start date: Monday 30th June 2025

End date: Friday 11th July 2025

(excluding Saturday and Sunday)

Venue: Sacred Heart Seminary, Victoria Gozo

Applications: Applications will be accepted up until Friday 20th June, 2025. One can submit an application online or download it and manually submit it to the Gozo Diocese Curia in Victoria. A maximum of 24 applicants will be accepted.

Course Level: MQF Level 4

Credits: 3 ECTS

Lecturer: Anton Teuma, Bishop of Gozo

Mode of Delivery: Face to face learning

Course Fee: Couples: €70; Individuals: €50

Programme duration: 2 weeks

Status: Accredited

Learning outcomes

Participants will be able to:

- a) understand the origin of one's own beliefs, legacies, main narrative etc.
- b) formulate one's own family relational map
- c) adopt practical skills and attitudes by identifying the most appropriate theories for his/ her particular family situation
- d) learn healthy communication skills and establish positive communication patterns
- e) deal positively with relationship conflicts
- f) adopt effective parental skills
- g) integrate the spiritual and psychological dimensions of family life
- h) understand different psychological family theories
- i) grasp the fundamental concepts of the family systems approach and understand the family life cycle
- j) grasp the fundamental concepts on developmental and child psychology
- k) reflect on fundamental Christian family values
- l) access a wide range of literature on family relation issues
- m) act as family coaches and pastoral workers in accompanying and assisting engaged couples during marriage preparation itineraries and/or married couples in ongoing formation meetings

Target Group: The course is aimed primarily at individuals, engaged and married couples and carers of children and adolescents interested in strengthening their personal family relationships. It is also relevant for anyone working, or with an interest to work, within the educational and/or child and family welfare sectors.

Target audience age: 18+

Language: Maltese

Curriculum

A. The couple relationship

1. Introduction to the concept of families
2. Couple dynamics – understanding the relationship
3. Communication within the couple
4. Dealing with conflicts
5. The various facets of love

B. The parent/s - child relationship

1. The various milestones in child development
2. Supporting child development
3. Parenting children through puberty and adolescence
4. Healthy and unhealthy discipline strategies

C. Family support strategies

Entry Requirements

Every application will be considered on its own merits. Participants should have a good level in Maltese (reading, speaking and writing skills) and English (reading skills). A school leaving certificate is also acceptable.

Calendar

This intensive course is delivered over 30 contact hours over 2 weeks, for three hours every day, excluding Saturday and Sunday.

Lecture dates

Monday 30th June 2025 (5:00pm – 8:00pm)
Tuesday 1st July 2025 (5:00pm – 8:00pm)
Wednesday 2nd July 2025 (5:00pm – 8:00pm)
Thursday 3rd July 2025 (5:00pm – 8:00pm)
Friday 4th July 2025 (5:00pm – 8:00pm)
Monday 7th July 2025 (5:00pm – 8:00pm)
Tuesday 8th July 2025 (5:00pm – 8:00pm)
Wednesday 9th July 2025 (5:00pm – 8:00pm)
Thursday 10th July 2025 (5:00pm – 8:00pm)
Friday 11th July 2025 (5:00pm – 8:00pm)

Assessment

Written or oral exercises carried out by course participants during the course sessions: 50%.

A 1000-word short critical or interpretative essay to be submitted at the end of the study period: 50%.

Certification

After the successful completion of the course, participants will receive an Award issued by the Institute of Pastoral Ministry (Lic. 2019-006) accredited by the Malta Further & Higher Education Authority. This Certificate of Achievement will be awarded to students who have attended at least 80% of the course's contact hours and completed successfully the written assignment.

Students may opt not to present the written assignment. In that case, an IPM Certificate of Achievement will be awarded to students who have attended at least 80% of the course's contact hours and completed successfully the written assignment.

Teaching and Awarding Institution: Institute for Pastoral Ministry