



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: Wednesday 1st July 2026

End date: Wednesday 15th July 2026
(excluding Saturday and Sunday)

Venue: Dan Manresa, Santa Dminka Str, Victoria, Gozo

Applications: Applications will be accepted up until Friday 15th June, 2026. 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/EQF 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

- Knowledge

The learner will be able to:

- a) understand different psychological family theories
- b) describe the fundamental concepts of the family systems approach
- c) understand the family life cycle
- d) describe the fundamental concepts on developmental and child psychology
- e) reflect on fundamental Christian family values
- f) access a wide range of literature on family relation issues

- Skills

The learner 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) select the most appropriate theories for his/ her particular family situation and integrate said theories into practical skills and attitudes
- d) demonstrate 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) practice 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). The level should be comparable with MQF Level 3. A school leaving certificate is also acceptable.

For visa requirements for third country nationals, follow the link: <https://identita.gov.mt/>

Calendar

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

Indication of total hours of learning (including contact hours, self-learning and assessment): 75 hours

Lecture dates

Wednesday 1st July 2026 (5:00pm – 8:00pm)

Thursday 2nd July 2026 (5:00pm – 8:00pm)

Friday 3rd July 2026 (5:00pm – 8:00pm)

Monday 6th July 2026 (5:00pm – 8:00pm)

Tuesday 7th July 2026 (5:00pm – 8:00pm)

Wednesday 8th July 2026 (5:00pm – 8:00pm)

Thursday 9th July 2026 (5:00pm – 8:00pm)

Friday 10th July 2026 (5:00pm – 8:00pm)

Monday 13th July 2026 (5:00pm – 8:00pm)

Tuesday 14th July 2026 (5:00pm – 8:00pm)

Wednesday 15th July 2026 (5:00pm – 8:00pm) – *Closing session*

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%.

Grading system

Grade A+: 90% - 100% : Excellent performance showing comprehensive and critical understanding and application of the course contents
Grade A: 80% - 89%: Very good performance showing comprehensive and critical understanding of the course contents
Grade B: 70% - 79% : Good performance showing above average understanding of the course contents
Grade C: 55% - 69% : Satisfactory performance showing an overall understanding of the course contents
Grade D: 45% - 54%: Sufficient performance showing basic understanding of the course contents.
Grade F: Under 45%: Unsatisfactory performance.
Pass mark: 45%

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 Attendance will be awarded to students who have attended at least 80% of the course's contact hours.

Teaching and Awarding Institution: Institute for Pastoral Ministry