

Course Syllabus

30 Day Course For Partners

Clinicians may get 3.5 CEUS

Moushumi Ghose, MA MFT

Moushumi Ghose, LMFT has been a licensed marriage and family therapist in private practice since 2007, specializing in sexuality, gender, and relationships. She has extensive experience working with alternative lifestyles, the LGBTQIA community, KINK/BDSM, Sex Workers, Ethical & Consensual Non-monogamy/ Polyamory and her focus is working with couples and empowering relationship styles.

Educational Goals

This course will help participants become more proficient in learning how our relationships can be sources of connection and healing. As a society we want deep connection, but too many people are lacking the skills when it comes to communicating and connecting. People are often repeating patterns they learned in their families of origin and responding from their trauma bodies. Relationships can be healing when two people work together to heal each other. By addressing communication skills, relationship health, sexuality, desire, relationship styles and more from a lens of radical openness participants will incorporate a variety of modalities which can be incorporated into connecting and healing. By addressing healthy relationships both from a trauma & systems focused frame, to understanding the role that social rules play in more undermining our long-term relational health, and using methods such as radical honesty, somatic therapy, sensate focus, communication and boundary setting skills participants will learn to use and apply these to bring about more harmony into their relationships.

Measurable Learning Objectives

- Participants will be able to identify key principles of shame which lead to ineffective communication styles.
- Participants will be able to distinguish the socially acceptable forms of relationship types and re-center their own perspectives and styles.
- Participants will be able to apply techniques for navigating relationship concerns and conflicts such as jealousy, infidelity, desire discrepancies, co-dependency, non-monogamy, money, expectations, breaking up, long distance relationships, as well exploring fluidity, radical honesty in relationships.
- Participants will be able to identify emotional abuse, and understand it's causes.
- Participants will be able to understand and identify emotions.
- Partners will be able to shift from goal oriented sex, little or no sex, to more fluid, open, sensual connections.

- Participants will be able to apply healthy communication methods to shift perspective, reduce conflict, reduce co-dependence, build or re-build autonomy, build or rebuild desire, reduce resentment, connect more deeply and authentically.
- Participants will be able to apply new understanding of healthy boundaries to shift perspective, reduce conflict, reduce co-dependence, build or re-build autonomy, build or rebuild desire, reduce resentment, connect more deeply and authentically.