

Course Introduction:

Most of the time, people are trying to use marriage, as a way to combine two incomplete people into one complete community. This way of thinking hampered the independence and self-growth for both sides, and eventually lead to imbalance, pain and inharmony in marriage and individual.

So how can we operate our marriage in a healthy way?

In Encouragement Consultant for Couple, marriage is treated as the decision made by two respectively complete individual, who are willing to infill positive energy into each other's life. The goal of the relationship is to nurture and cherish each other, while loving ourselves, and provide a safe harbor to endure growth and changes.

A brand new knowledge of marriage, starts with your actions!

How to attend ECC training:

Option 1: Online learning

- 1、 Online **Course duration:** 18 hours
- 2、 **Language:** English and Chinese
- 3、 **Trainer:** Lynn Lott & Angela Zhang

Lynn Lott (Trainer)

Co-founder of Positive Discipline

Founder of Encourage Consultant

Founder of Encouragement Consultant for Couples

Master of Psychology (Adler)

Registered marriage and family counseling coach in USA

Author of over 20 books

Angela, Tingting Zhang (Trainer)

Co-founder of Sanyou Growth

Co-founder of Adlerian Play Parenting Program

Co-founder of Encouragement Consultant for Couples

PhD Candidate in Adler University

Positive Discipline TP/PDC/ECE Trainer

Encouragement Consultant Master Trainer

NLPU Certified NLP Master Trainer

Chinese Translator of To Know Me is To Love Me

Chinese Translator of Together and Liking it

Chinese Translator of Chores without Wars

First Chinese to receive The NASAP Certificate of Study in Adlerian Psychology

Member of NASAP

Shuli Zheng (Translator)

Co-founder of Sanyou Growth

Encouragement Consultant Master Trainer/ Encouragement Consultant for Couples Master Trainer
Positive Discipline TP/PDC Trainer
Adlerian Play Parenting Master Trainer
National Registered Secondary Psychological Consultant
Chinese Translator of Positive Discipline A Teacher's A-Z Guide

Course outline:

Part 1

1. Course intro
2. What is Stress, Inner Child, Explanation on 3As
3. Relation-ship
4. Top Card
5. Getting Back to the X + When Your Self-esteem is Damaged
6. Parking Lot Questions
7. Family Constellation
8. Map of Marriage
9. Suitcases

Part 2

1. Encouragement Consultant for Couples Tool Card
2. Parking Lot Questions
3. Group Practice: Prototype of Love
4. Group Practice: Invitation
5. About Communication
6. Two Minutes Silence Practice
7. Curiosity Questions
8. Emotional Honesty: Head, Heart, Gut

Part 3

1. Group Practice: Incomplete Sentences
2. Express Yourself
3. Parking Lot Questions
4. Group Practice: Unsolicited Opinions
5. Talking about Sex
6. Money Issues
7. Appreciations
8. Parking Lot Questions

Part 4:

1. Three Styles in A Relationship
2. Four Mistaken Goals
3. Family Meeting
4. Leading A Group

5. Re-draw Your Relation-ship

4、 You can click on the following link to buy the course(all 4 parts are required)

Part 1: <https://www.udemy.com/course/encouragement-consultant-for-couple-certified-training-part1/>

Part 2: <https://www.udemy.com/course/encouragement-consultant-for-couple-certified-training-part2-q/>

Part 3: <https://www.udemy.com/course/encouragement-consultant-for-couple-certified-training-part3-w/>

Part 4: <https://www.udemy.com/course/encouragement-consultant-for-couple-certified-training-part4-n/>

5、 Certificate Application Requirements :

(1) Read and Practice *Together and Liking it* (Link: <https://lynnlottec.com/product/together-and-liking-it>) and *Do it yourself Therapy* (<https://lynnlottec.com/product/do-it-yourself-therapy/>)

(2) Practice facilitating at least one offline ECC group with at least 3 participants

(3) Practice facilitating at least one one-on-one consultation

(4) Practice using encouragement patterns to solve marital problems

(5) Please contact: certification@teriedu.com to get the application form, and when you submit the form, the contents should contain your understanding of activities in *Together and liking it* and *Do it yourself Therapy*.

(6) Submit 2 practice cases with your partner in the application form

Option 2: Offline training:

It is a 3 days of total 18 hours of offline certification training

Please contact:certification@teriedu.com to know the schedule.

Using ECC Materials and Facilitating ECC Trainings

Option 1: Once you have participated in an 18 hour ECC training or online ECC training you can host your own non-certification trainings or use these activities in your professional life.

Parameters

- *Workshops* can be any length of time
- There is no certification or certification fee for workshops less than 18 hours or a ECC certification training.
- If you use certain pages or activities from the books cite them correctly.

Option 2: If you are a Master trainer and you want to give an 18-hour workshop that will result in ECC Certification for participants please follow the instructions below:

Content

1. The workshop must include the following materials: *Together and liking it*, and when available Encouragement for Couples Cards.
 2. The activities on the shared agenda must occur at the workshop. The trainer can choose the order and length of time for each activity.
 3. The only activities that should be modified are *the topics small groups choose, Hours, fees, and participant numbers*
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1. To receive a certificate the ECC training must be a minimum of 18 hours. The way these hours are distributed is to be determined by the trainer. (The suggested time is over three days).
 2. The 18 hours can include short breaks and a 1-1 ½ hour lunch. (There should be no difference in the 18 hours if there is translation or not)
 3. ECC Trainers will set the fee and number of participants for the workshop appropriate with their area.

Materials, and certification fees

1. **Purchase books at Amazon.com**
2. During checkout you will be asked to fill out a form with your participant list.
3. Pay fees within one week of hosting the workshop. Fees are paid through the “shop” page.
4. Certification fees are \$35 dollars per participant (RMB350 in China)

Please contact:

certification@teriedu.com