



School of
Professional Psychology

University of Management and Technology
Department of Applied Psychology
School of Professional Psychology
We train professionals

CERTIFICATE COURSE

Title: Blossoming Out of Toxic Intimate Relationship

Facilitators:

Ahmed Bilal

Lecturer, Department of Applied Psychology, School of Professional Psychology

Targeted Audience: Human beings interested in their romantic wellbeing

Fee: 10,000/- (8 sessions, 4 weeks)

Day: Friday

Time: 02:00pm – 05:00pm

Background: Lack of adequate information on how to navigate through complex human relationships may leave some people at a disadvantaged position. Many a tear are shed due to imbalance in power structure between romantic partners.

Aim & objective: We aim to reduce tears shed due to humans suffering in toxic intimate relationships. We aim to allow for personal growth to take its course. The objective of this course is to educate and equip participants with functional knowledge and capacity to identify and manage toxic relationships.



Weekly calendar of Course Contents:

Topic	Session no
1. Understanding Trauma and Inner Wounds 2. Gaslighting	Session 1 & 2
3. Narcissistic Abuse 4. Emotional Abuse 5. Core Wounding	Session 3 &4
6. Toxic Shame 7. Personal Cost of Sustaining Toxic Relationships	Session 5 &6
8. Self-Assessment 9. Boundaries 10. Self-Discovery	Session 7 &8
