



Family Counseling Postgraduate Program



VIZJA UNIVERSITY



Program Start Date:
November 25, 2025

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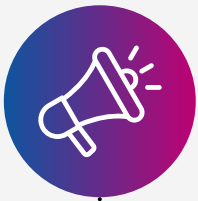
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"The Path to Professionalism in Family Counseling!"

Program Summary

The Family Counseling Postgraduate Program aims to train professionals who focus on understanding the challenges faced by families and providing effective solutions. The program enables participants to strengthen family communication, specialize in conflict management, and guide families, which are the cornerstone of society. Upon completion of the training, participants will possess an internationally recognized diploma and a qualification that will make a difference both at the individual and societal levels.



Academic Education (Theory and Practice)

In the first phase of the program, you will learn critical topics such as family counseling, psychological support techniques, and crisis management with an academic foundation, alongside expert instructors.

Through case analyses, counseling simulations, and interactive lessons, you will transform your knowledge into practice.

Duration: Over the course of 1 year, you will gain real-world experience through theoretical and applied training.



Access and Development

- All live lessons are recorded, and you can rewatch them throughout the year. This feature allows you to keep your knowledge fresh and review the material whenever needed.
- You will continue your development with feedback from your instructors.



Graduation and International Diploma

Upon completion of the program, you will graduate with qualified knowledge and competencies about the family institution and earn a postgraduate diploma.

With this internationally recognized diploma, you will make an effective start in your journey as a family counselor.

You can attend the graduation ceremony in Warsaw and celebrate your success in the journey of supporting your own family and many others.

PROGRAM VISION



The Family Counseling Postgraduate Program aims to support the well-being of families, which are the cornerstone of societal structure. The program provides participants with comprehensive knowledge and practical training in strengthening family relationships, problem-solving, and developing effective communication skills. With its innovative and culturally sensitive approach, it aims to contribute to individuals who wish to grow in this field by offering informed and effective support to families.

Start Date

November 25, 2025

Duration

300 hours / 1 year

Program Type

Online Canlı MS Teams

Diplom

Postgraduate / 60 AKTS

Language of Education

Turkish

Registration Deadline

November 21, 2025

Class Days / Hours

Tuesday and Thursday
16:00 - 17:30 / 18:00 - 19:30

Class hours are based on the Berlin (CET) time zone.

****The program content is based on the curriculum valid at the time of publication. The university reserves the right to make changes to the program in line with academic quality and requirements. The most up-to-date version is always considered the valid one.**



■ Program Objective

The primary goal of this program is to contribute to society by training competent individuals who will play a key role in building strong and healthy family structures for the future. Our program aims to equip participants with the knowledge and skills necessary to positively impact the lives of families. We strive to bring together individuals who can help families resolve their challenges and strengthen their relationships.

Through the **Family Counseling Postgraduate Program**, our students will graduate as professionals equipped with the expertise to support families and contribute to society.



■ Key Benefits

01

Graduates Equipped with Up-to-Date Knowledge and Skills:

Our program aims to provide participants with the latest knowledge and skills to strengthen family structures. Graduates will gain the expertise to better understand the complex needs of families and offer effective support.

02

Individuals Who Understand and Support the Strength of Families

Graduates of this program effectively utilize their knowledge and skills to understand and address challenges within families. Our participants develop expertise in strengthening family bonds and facilitating positive change, becoming highly competent professionals in this field.

03

Supporting Families in Today's Society

In a rapidly changing world, our graduates gain the knowledge and skills necessary to protect and strengthen the family institution. As individuals who add value to society, they develop the ability to create sensitive and effective solutions that address the needs of both families and the broader community.

Who Should Enroll?



The Family Counseling Postgraduate Program is an excellent opportunity for individuals working with families or those looking to develop expertise in this field. It is ideal for professionals, married couples, individuals preparing for marriage, and anyone interested in strengthening family relationships.

- ✓ Professionals in Education and Guidance:
 - Teachers
 - Guidance and Psychological Counselors
 - Pedagogues
 - Special Education Specialists
- ✓ Experts in Psychology and Social Sciences:
 - Psychologists
 - Sociologists
 - Social Workers
 - Child Development Specialists
- ✓ Professionals in Healthcare and Support Services:
 - Family Physicians and Healthcare Professionals
 - Psychiatric Nurses
 - Therapists and Counselors
- ✓ Professionals Supporting the Community:
 - Employees in Non-Governmental Organizations (NGOs)
 - Family Support Unit Staff in Municipalities and Public Institutions
 - Parenting Coaches and Life Coaches
- ✓ Family Members:
 - Individuals Seeking to Build Strong and Healthy Families
 - Married Couples
 - Young Individuals Preparing for Marriage
 - Those Looking to Improve Family and Social Communication Skills

"This program is beneficial for anyone looking to enhance their knowledge and skills in family relationships.

Participants will not only contribute to their personal development but also provide more informed and effective support to families."





Curriculum

- Introduction to Psychological Counseling
- Child Development Stages (Developmental Psychology)
- Adolescence Period (Developmental Psychology)
- Introduction to Family Counseling and Core Concepts
- Supporting the Family Formation Process
- Pregnancy Process
- Family and Sexuality
- Psychology of Adulthood and Old Age (Developmental Psychology)
- Family Counseling Theories and Skills
- Family Health
- Child Neglect and Abuse
- Ethical Principles in Family Counseling



- **Strong Counseling Skills:** The ability to strengthen family relationships and establish healthy communication.
- **Empathy and Active Listening Ability:** Strong empathy and active listening skills aimed at understanding individuals' emotions.
- **Solution-Focused Approach:** Basic knowledge and application skills for providing psychological support appropriate to developmental stages.



Academic Content

1 Introduction to Psychological Counseling?

- What is Psychological Counseling?
- Characteristics of the Counseling Process
- Introduction to Basic Counseling Skills
- Learning the skill of Providing Information and Overcoming Barriers

2 Developmental Stages in Children (Developmental Psychology)

- The Role of the Family in Fulfilling Child Development Responsibilities
- Main Topics in Developmental Psychology
- Infancy Period
- Preschool Period
- School Age
- Sexual Development and Education in Children
- Adjustment and Behavioral Problems in Children
- Families with Children with Different Developmental Characteristics
- Child Testing

3 Adolescence Period (Developmental Psychology)

- Physical Development Characteristics of Adolescence
- Sexual Development and Education in Adolescence
- Psychological Development in Adolescence
- Issues and Solutions During Adolescence
- Adjustment and Behavioral Problems in Adolescents
- Addiction
- Body Image Perception





4 Introduction to Family Counseling and Key Topics

- Key Concepts in Counseling
- Basic Interview Techniques
- Techniques for Understanding the Individual
- Psychological Tests
- Comparison of Individual Counseling and Family Counseling
- Human Relationships and Communication
- Mistakes Made in the Family Counseling Process
- Roles and Responsibilities of the Family Counselor
- Key Stages of Family Counseling
- First Session in Family Counseling
- Qualities of a Family Counselor
- Techniques Used in Family Counseling
- Example Structuring Model of Family Counseling
- Cultural Sensitivity in Family Counseling

5 Supporting the Process of Becoming a Family

- Pre-Marriage Counseling and Partner Selection
- Stages of Getting to Know the Partner
- Couples' Pre-Marriage Adjustment Processes
- Preparation for Marriage
- Marriage Counseling
- Early Stages of Marriage and Adjustment to Marriage
- Role Distribution Between Spouses, Supporting Romantic Relationships
- Golden Rules in Marriage
- Becoming Parents
- Crises in the Family and Intervention in Crises
- Domestic Violence
- The Psychology of Infidelity
- Factors for Saving Marriages in Troubled Marriages
- Divorce Process, Impact on the Family and Children
- Working with Fragmented Families





6 PREGNANCY PROCESS

- Pregnancy Period Before and After
- Psychology of Motherhood Before and After Pregnancy
- Sexual Life During Pregnancy and Menopause
- Psychology of Fatherhood Before and After Pregnancy

7 FAMILY AND SEXUALITY

- Key Concepts Related to Sexuality
- Sexual Problems in the Family
- Sexual Problems in Women
- Sexual Problems in Men
- Sexual Dysfunction and Approaches
- Sexually Transmitted Diseases and Ways of Protection
- Sexual Life in Old Age and Andropause

8 ADULTHOOD AND OLD AGE PSYCHOLOGY (DEVELOPMENTAL PSYCHOLOGY)

- Adulthood and Old Age Periods and Their Characteristics
- Children Leaving the Home
- Psychological Disorders Associated with Aging
- Death, Dying, and the Grieving Process

9 FAMILY COUNSELING THEORIES AND SKILLS

- Classical Theories (Dynamic, Strategic, Structural, Experiential Theories and Applications)
- Cognitive-Behavioral Theory and Applications
- Post-Modern Approaches (Solution-Focused, Narrative Theories and Applications)
- Addressing the Family
- Understanding Family Dynamics
- Case Formulation
- Defining the Family's Problem
- Selecting the Appropriate Strategy for the Problem
- The Feedback Process
- Ending the Family Counseling Process
- Structuring the Follow-Up Process
- Basic Process Evaluation Techniques



10

Family Health

- Behavioral Disorders
- Psychiatric Disorders
- Depression Disorders
- Anxiety Disorders
- Personality Disorders
- Health Awareness in the Family
- Infectious Diseases and Ways of Prevention
- Developing First Aid Awareness in the Family
- The Impact of the Family on Chronic Illnesses
- Maternal and Child Health
- Family Planning

11 CHILD NEGLECT AND ABUSE

- Children Who Have Suffered from Neglect and Abuse
- Children Who Have Suffered from Physical Neglect and Abuse
- Children Who Have Suffered from Sexual Neglect and Abuse
- Children Who Have Suffered from Emotional and Psychological Abuse
- Children Who Have Suffered from Economic Abuse

12 ETHICAL PRINCIPLES IN FAMILY COUNSELING

- The Concept of Ethics
- Professional Ethics
- Ethical Principles in Family Counseling



13

PROBLEMS AND NEEDS ENCOUNTERED IN THE FAMILY

- Family as a Social Structure
- Family Needs and Problems
- Different Theories on Family Needs and Problems
- Meeting with Students About Term Projects
- Addressing Family Needs and Problems in the Context of the Family Life Cycle
- Student Projects
- General Evaluation

Custom-Designed Curriculum

Advantages This Program Will Provide You:

1. International Recognition:

- Obtain a diploma that is internationally recognized and in line with European standards.
- Contribute to society by supporting your own family and others with the knowledge and skills you acquire in family counseling.

2. Modern and Flexible Learning Model:

- A flexible learning experience with completely online live lessons.
- The opportunity to strike a perfect balance between your career and education.

3. Theoretical and Practical Skills:

- Enhance your communication, empathy, and problem-solving skills.
- Gain in-depth knowledge on critical topics such as family relationships, crisis management, and child development.

4. Strong Academic Faculty:

- Receive training from experienced instructors and industry professionals.

5. Extensive Alumni Network:

- The advantage of joining an international alumni network in this field.

**Become an Effective
Counselor Shaping
the Family Institution
in Just 1 Year**



Gain a Competency That Strengthens Relationships!

Unique Features of the Program

- Offers participants the opportunity to adapt and apply family counseling theories to real-life situations in a practical manner.
- Enhances participants' skills in resolving family issues, overcoming communication barriers, and building healthy relationships.
- Equips participants with critical skills such as empathy, problem-solving, and ethical counseling principles.
- Trains individuals who will create positive changes in the lives of families.
- Aims to teach effective counseling methods sensitive to different cultures and family structures.

Custom-Designed Curriculum:

- Courses focused on family institution and counseling, psychology, and social services.

Career Development Support:

- Practical approaches in the courses to support your career and development.

Opportunities and Discounts:

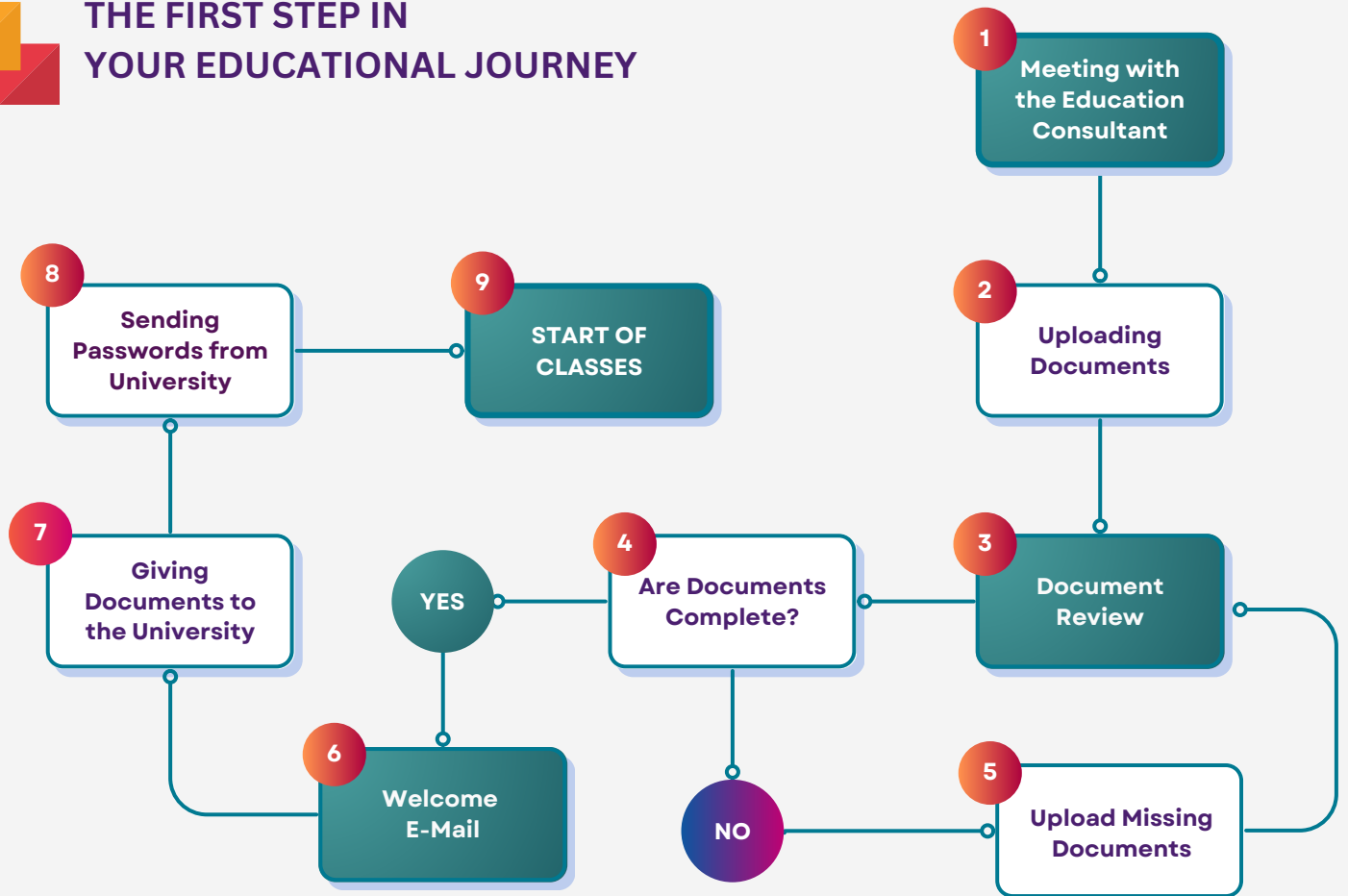
- Early registration discounts and installment payment plans.

**START ONE STEP AHEAD
TOWARDS A PEACEFUL
AND HAPPY LIFE**





THE FIRST STEP IN YOUR EDUCATIONAL JOURNEY

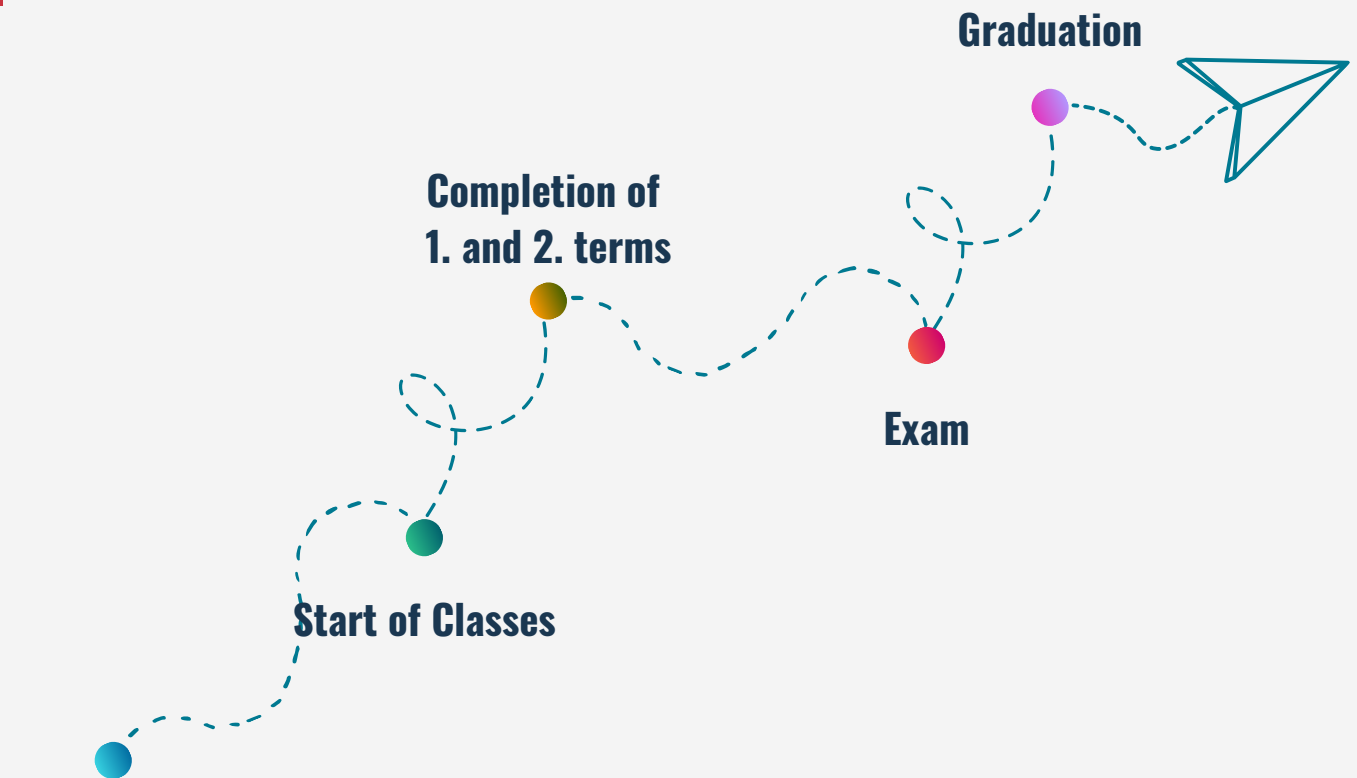


- 1 The student meets with their advisor regarding the educational process, and the necessary information for registration is shared
- 2 The student uploads the requested documents through the system.
- 3 The education advisor or university officials check the accuracy and completeness of the uploaded documents.
- 4 If the documents are complete, the next step is taken. If there are any missing, the student is informed about the deficiencies
- 5 The missing documents, as indicated, are completed by the student and re-uploaded.
- 6 When all documents are complete, a registration confirmation email is sent to the student.
- 7 The physical submission of documents to the university by the institution.
- 8 The university sends the necessary credentials to the student for access to the educational portal.
- 9 After the registration process is completed, the student begins the courses.

**** You will receive updates from your education advisor. You can always receive support for registration.**



STUDENT ROADMAP



Program Registration

- Once your final registration process is completed, your documents will be submitted to the university on your behalf. Please make sure the information you provided is correct.
 - Classes will take place online via MS Teams. Please remember that there is an 81% attendance requirement. Attendance must be taken within the first 10 minutes for roll call.
 - The programs are divided into two semesters. You can follow your courses via MS Teams.
 - The exam will be held online.
- Upon successfully completing the exam, you will be eligible to graduate. If you wish to attend the graduation ceremony and are located outside the EU, the university will send you an invitation letter. You can complete your visa process and join the excitement of graduation.**

** The university will send you an invitation letter based on your request, but cannot guarantee that you will obtain a visa. The issuance of a visa is a process determined by the authorities of the Polish consulate in the country where the participant is located.

How to apply for admission?



-  You can initiate your final registration for the Postgraduate programs through the website postgraduate.pl
-  You can also get in touch through our communication channels to receive the necessary information from our education consultants and proceed with your registration process alongside them.
-  You can also complete your registration process through our ZOOM sessions on specific days of the week, where our technical team provides practical tutorials during the Registration Support sessions.
-  The registration process is quite simple. You can receive detailed information about the required documents and information by consulting with our education consultants.

Your data is stored in compliance with GDPR regulations.

[Apply for admission postgraduate.pl](https://postgraduate.pl)

CLICK HERE 

What is a Postgraduate Program?

Postgraduate Programs:

- Are more practical and industry-focused.
- Aim to quickly convert theoretical knowledge into practical application.
- Are designed for professionals and individuals.
- Are short-term and content-intensive.



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Postgraduate refers to graduate-level education programs designed for individuals who have completed their Bachelor education. Postgraduate education aims to specialize in a specific field, develop professional knowledge and skills, and earn an internationally recognized diploma.

What is a Postgraduate Diploma?

A Postgraduate Diploma is a type of diploma awarded at the graduate level. This diploma is professionally oriented and focuses on practical knowledge and skills rather than academic research. It is typically completed within an academic year (60 ECTS) and has the following features:

- Practical Education: Focuses more on practice than theory.
- Short-Term Program: Can be completed in 1 year or less.
- Postgraduate Status: It is a level of education after a Bachelor's degree and provides specialization.

The Postgraduate **Diploma does not provide an academic degree** (Master's Degree), but it offers a unique opportunity for professional development and sector-specific expertise. It is typically completed in a shorter time than most Master's Programs, does not require a thesis, and is completed through project work or exams. It focuses more on practical skills rather than theoretical knowledge. It does not confer an academic title.

Polish Diploma



Transcript



Each graduate who successfully completes the Postgraduate Program;

Diploma

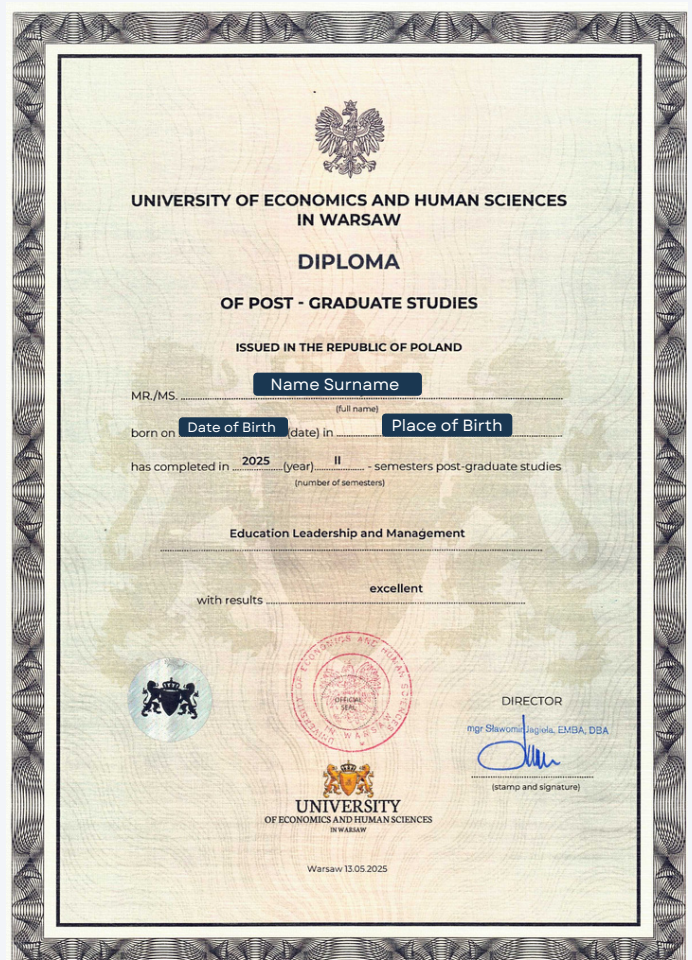
- Polish
- English

Transcript

Entitled to receive 60 ECTS credits.

****The diploma samples are taken from diplomas and transcripts issued in July 2025.**

English Diploma





VIZJA UNIVERSITY

- **Vizja University: Education Leader in the Heart of Europe!**

Founded in 2001, Vizja University is one of the most prestigious educational institutions in Poland, internationally recognized. With 24,000 students from 120 different countries, it brings together diversity and innovation in education. A member of the European Universities Association, the institution offers globally recognized diplomas to its graduates.

- **International Standards:**

Vizja University, accredited by the Polish Ministry of Science and Higher Education, provides academic flexibility to its students with an education model aligned with the Bologna Process and the European Credit Transfer System (ECTS). It is a European university accredited by the Polish Ministry of Science and Higher Education.

It is a full member of the Polish National Accreditation Agency, the European Association for Quality Assurance in Higher Education (ENQA), and the European Quality Assurance Register for Higher Education (EQAR).



Quality Educators

%100

Prestigious University



PIC No
999438628
OID AEH
E10206715





VIZJA UNIVERSITY

CONTACT US



www.tempostudy.com



+48 451 267 557



+48 571 304 787



info@tempostudy.com

Working days and hours

Monday - Friday : 09:00 - 17:00

Saturday : 10:00 - 14:00



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