

1. **Describe the evolution of modern dating practices**, including the shift from traditional in-person introductions to digital and app-based platforms.
2. **Identify the psychological and emotional challenges clients may face in contemporary dating**, such as rejection sensitivity, dating fatigue, and low relational self-esteem.
3. **Assess a client's current dating mindset and confidence levels** using a structured, step-by-step approach to deliberate dating.
4. **Apply therapeutic strategies to help clients build resilience and confidence** in the face of dating-related setbacks.
5. **Demonstrate how to guide clients in curating an authentic and effective dating profile**, including selecting photos and writing bios aligned with their values and relationship goals.
6. **Support clients in developing intentional communication strategies** for online messaging and initial connections.
7. **Explore how early relational experiences, family systems, and trauma histories** may impact dating behavior and expectations.
8. **Incorporate psychoeducation around dating dynamics into therapy** to normalize the process and reduce shame or hopelessness.
9. **Evaluate the ethical and professional considerations** when providing dating-related guidance within the scope of mental health practice.