

When Thinking is allowed to be integrated with Feeling in the HeartMind – everything changes



Couples Workshop

HOW TO NAVIGATE THROUGH DEEP WATERS OF A COMMITTED RELATIONSHIP: FROM DISTRESS TO FULFILLMENT

The Workshop is suitable for couples who:

- ✓ are in a committed/exclusive relationship
- ✓ would like to improve their communication skills
- ✓ would like to increase a sense of connection in their relationship
- ✓ would like to reduce distress in their relationship

In the workshop there is created a safe space with a minimal disclosure. Imagine attending a course in cooking or in sailing; there is a part of education, and a part of practising skills with a possibility of sharing experiences in a group setting. Confidentiality/privacy agreement is signed by each participant.

There are two parts of the Workshop

Day 1: Dealing with the Relationship Distress:

- Identifying Negative Cycle of Distress
- Understanding Communication Issues
- Styles and Dynamics in Committed Relationships

Day 2: Cultivating Connectedness:

- Balance of Togetherness and Differentiation
- Emotional Intelligence in Relationships
- Advanced Communication in Relationships

Relationships Science Concepts used in the Workshop: Developmental Model in Couple Therapy (E.Bader), Emotionally Focused Therapy (S.Johnson), Imago Therapy (H.Hendrix), also developments of David Richo, David Deida and Hedy Schleifer.

Technical Details:

Length: Two day-long sessions on Saturday with a fortnight gap; each session is six hours long plus lunch(BYO) and afternoon tea breaks; total - seven hours

Day/Time: Saturday 10am to 5pm.

Cost: \$680.00(total per couple, paid upfront)

Please contact Hania to express your interest; workshops dates will be confirmed when the minimum number of participants will be reached.

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