



# COUPLES WORKSHOP



**Feeling like the romance has faded or your relationship with your partner has weakened?**

**In this workshop, couples can discover their strengths and challenges together with a goal of finding a deeper connection. Learn how to develop a friendship and express feelings of respect and affection.**

## DISCOVER YOURSELVES AND RESTORE YOUR LOVE

**Tuesday/Weds.:** January 17<sup>th</sup> – 18<sup>th</sup>, 2023  
**Session Time:** 9:00 AM – 4:30 PM with Lunch Break  
**Who:** Adult Couples Together for at Least 1 Year  
**Group Size:** 4 – 6 Couples  
**Format:** Videos, Group/Couples Discussions, Worksheets, Relaxation/Meditation for Married, Cohabiting, Engaged, and Dating Couples, Therapists/Ministers and their Partners



Photo by Imam Fadly on Unsplash

**Goal:** Psychoeducation methods to identify strengths to build on, develop problem-solving skills, recognize communication barriers between couples and ways to improve through role play, games, discussion, and mindfulness.

**Objectives:** A workshop for couples with emphasis on gratitude, communication, conflict resolution, patterns, repair attempts, gridlock, influence, boundaries, vulnerability, and trust.

1. Provide opportunities for couples to establish a sense of vulnerability and trust with their partner.
2. Build a sense of connectedness by learning how to love each other.
3. Allow couples to share and express through role playing communication and conflict resolution skills.
4. Learn and practice how to foster respect, affection, closeness by creating a safe space.

*Pre-screening to be completed in advance of sign-up to assess appropriateness of participation in workshop. Workshop is **not** appropriate for couples dealing with a recently exposed affair, or there is a history of domestic violence, alcohol/substance abuse or addiction. If any of these apply, it is recommended to seek couple's therapy before attending this workshop.*

**Preregistration Required:** contact Integrative Psyche at 414-545-4430 or by email: [integrativepsychegroups@gmail.com](mailto:integrativepsychegroups@gmail.com)

**Cost:** \$600/couple for the 2-day program. Cancellation policy - \$150 is non-refundable.

