

THE ART AND SCIENCE OF LOVE



A WEEKEND WORKSHOP FOR COUPLES

A Gottman workshop grounded on what actually works in relationships that are happy and stable!

Workshop Topics:

- Identify relationship strengths and how to build on them.
- Learn small, easy steps that increase romance in your relationship
- Learn how Love Maps provide a solid foundation for your marital intimacy
- Create an emotional bank account you can draw on in times of stress
- Develop your problem-solving skills
- Use the fondness and admiration system to renew respect and care for one another
- Learn to recognize the Four Horsemen of the Apocalypse and what to do if they are attacking your marriage.
- Learn about the effects of physiological flooding and how it may affect conflict resolution.

Dr. John Gottman has learned what really makes marriages work by studying and following over 3,000 couples in four decades of research. This experiential workshop will teach you exactly what successful couples do to foster romance and harmony in their marriages.

What You'll Learn:

At the workshop, couples learn how to:

- Foster respect, affection, and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the successes in your relationship

Who Should Attend:

- Those with a strong relationship will leave with insights and tools to foster further friendship, closeness, and trust.
- Those with a distressed relationship will leave with a greater understanding of their relationship and a road map for repair.
- There is no public disclosure in this workshop. All experiential exercises are contained within the couple relationship.

Workshop Details:

- Friday, Oct. 11, 8:30 am-5 pm
- Saturday, Oct. 12, 8:30 am – 5 pm
- 7669 W. Riverside Dr Suite 101
- Boise, ID 83714. Adlerian Life suite
- \$650/couple: Discounts available
- Early Bird and other discounts end Oct. 4, 2019
- see website: AdlerianRelationshipCenter.com or call Shirlene Elledge @ 208-571-9884
- Limited enrollment to ensure support in workshop