

Getting the **L♥VE** You Want



A Weekend Workshop for Couples

Saturday, 10th March 2012, 9am – 6.30pm

Sunday, 11th March 2012, 9am – 6.30pm

Brought to you by: SACAC Counselling
Presented by: Julie Gallinat MSW, LCSW
(www.juliegallinat.com)

Cost: S\$1300 per couple

Venue: Function Room - Level 9
Camden Medical Centre
One Orchard Boulevard
Singapore 248649

This workshop for couples offers a perspective and set of tools to enhance and deepen your committed relationship. The basis for this workshop rises out of Imago Theory developed by Drs. Harville Hendrix and Helen Hunt and is comparable to 3 to 6 months of weekly therapy sessions in cognitive and experiential learning. It is not a quick fix; however, it is a realistic understanding of the means to a safe and passionate relationship.

Understand the theory behind why you chose each other as partners in a long-term committed relationship; why it is that you will inevitably trigger each other's best and worst selves; and, find out what you can do, in fact need to do, in order to deepen your connection!

The workshop is designed to provide the safety needed to enable you to fully focus on your partner, yourself and your relationship. As such, the work you do is done privately with your partner.

The workshop is appropriate for you if:

- It is early in your relationship and you would like to establish a solid foundation and healthy communication patterns
- You want to enrich or deepen a good relationship
- Your long term relationship is lacking energy, passion and a sense of connection
- Your relationship is struggling and you want to see if it can be improved

This workshop is relationship education, not therapy.

For more information or to register please contact SACAC Counselling:



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