

The opposite
of addiction
isn't sobriety,
it's connection

If you are in a
relationship,
combining couple
work with individual
work is essential for
long-term recovery
and healing. Let us
help you take the
steps to build and
strengthen the
connection in your
relationship.

Healing & Recovery

860 Hebron Pkwy, Suite #1102
Lewisville, TX 75057

Emotional Safety Couples Intensive

Helping relationships heal



Healing &
Recovery



Why Attend?

We cover about 3 months' worth of relational tools in a day and a half, for approximately the cost of one hour of cotherapy per person, giving you and your relationship a jump start on the road to relational recovery. Our class gives you a chance to better understand yourself and your partner and work towards deeper connection.

Group work allows you to see that you are not alone in your relational struggles. Working with a group often brings up questions you might not think to ask, but which end up being helpful, allowing tools to be addressed more thoroughly than they would be in a couple's session.

We've worked hard to develop a schedule that combines different approaches (lecture, media, activities, discussions) to ensure that you get the most out of the experience and to keep your attention focused.

FAQ's

1. Will I have to share my story?

No. Due to the brevity of the group, group members will not share their stories or what led them to attend the group. We have one activity that talks about your family tree, which is done in gender specific groups, but no other personal information is discussed.

2. Ten hours is a long time. How will I remember everything that is talked about?

While there is a lot of information, there are handouts that will help you understand and remember the concepts we teach. Varying our teaching methods also helps; our approach is designed to keep you interested and alert.



Topics Addressed

- Understanding and using emotions
- Identifying and changing painful relational patterns
- Processing responses and presenting them in connecting ways
- Advocating for yourself in ways that are safe for you and those around you
- Communication techniques
- Establishing or rebuilding trust
- Developing empathy and connection
- Understanding shame and anger and their effect on relationships

Details

- Friday from 6pm – 9pm & Saturday from 9am-4pm (contact us for dates)
- \$300 per person, attendance as a couple highly recommended, but not required. Deposit of \$150 per person required for enrollment.
- Lunch included on Saturday, snacks and drinks included both days.

Contact Us

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