

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

# Connection & Empathy Couples Intensive

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## Why Attend?

This class gives couples a strong understanding of the concept of empathy and how to apply that to their relationships and focuses on connective skills related to communication. The concepts covered are the equivalent to about 3 months of couples counseling, for approximately the cost of two hours of cotherapy. Our class gives you a chance to better understand yourself and your partner and work towards deeper connection.

We've worked hard to develop a schedule that combines different approaches (lecture, activities, media, 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. No personal information is discussed outside of general applications of the concepts presented.

### 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 empathy
- Understanding and applying emotions and needs to communication
- Effectively using “time-outs”
- Processing responses and presenting them in connecting ways (“catching and pitching”)
- Advocating for yourself in ways that are safe for you and those around you
- Reflective listening, including empathizing with others while honoring yourself and your needs
- Understand pursue/withdraw pattern
- One hour of couples therapy included

## Details

- Friday from 6pm – 9pm & Saturday from 9am-4pm (contact us for dates)
- \$700 per couple, attendance as a couple required. Deposit of \$350 required for enrollment.
- Lunch included on Saturday, snacks and drinks included both days.

## Contact Us

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