



Couples Makeover

Dr. Maureen Duffy is a marriage and family therapist, professor of counseling and family therapy, and is committed to helping couples appreciate the transformational power of their relationships.

Wednesday Evenings October 3, 10, 17, 24, November 7, 14, 2007

For anyone who would like to improve the quality of their relationship with a partner or spouse, this course is for you. Many couples feel stuck in the same old ways and are bored with the same old irritations and arguments. In this course we will focus on the appreciative relationship, development of shared histories and rituals, and avoidance of behaviors that clinical research has clearly identified as toxic to intimate relationships. We will also focus on the concept of attunement--what it means, how to do it, how to repair inevitable relationship ruptures, and how attunement can be utilized to heal past and present relational wounds. Facing the challenges of how to be present and engaged in our intimate relationships provides a template for positive involvement with others in the wider world. Come with your partner or come by yourself.

October 3rd:

The appreciative relationship: Discovering and creating the relationship you have dreamed about.

October 10th:

Acknowledging and honoring your shared history—however long or short; developing relationship rituals that honor your relationship and nurture intimacy and contentment.

October 17th:

Relationship destroying behaviors: How to recognize and avoid them and what to do, together, about them.

October 24th:

The wondrous art of relationship repair: What it means to be in attunement with one another and what to do when inevitable ruptures occur.

November 7th:

The power of presence and attunement to heal past individual and relational wounds.

November 14th:

Using your relationship to bring forth your best self; how your intimate relationship can be a template for positive engagement with others in the world.

Location: Arts and Minds Center
3138 Commodore Plaza
Coconut Grove, FL

Time: 6:30-8:30 PM

Registration: Open U at www.iihu.org or phone: 305.461.2459