

# Couple's Communication Intensives Offered in Kiehi Maui

Call Rebecca at 612-877-1081 for date, time, information, and location for Kiehei, Hawaii. The location will likely be in the Kiheil Surfside area.



Explore old patterns from new perspectives of curiosity, inquiry and compassion. Practice disentangling from habits and conditioning that keep you stuck and disconnected from one another and from yourself. Practice ways to stay connected and on the same side through times of conflict as well as happiness. Revitalize the love and connection that keeps you together. Take the time to renew your relationship.



We come together as a group for the first half or two hours of the workshop to review a handout provided outlining ways to stay emotionally connected during times and topics of conflict. We learn and practice ways to track and stay present when triggered and emotional and physical activation gets evoked. The intention of the intensive workshop is to practice staying connected with yourself and your partner during times of conflict as well as connected in the good times. For the last two hours or more, each couple will move with a facilitator to a separate room and practice active listening exercises and emotional and physical grounding while communicating and listening to one another about a challenging topic. We will end with an exercise designed to guide you into an appreciation for what is right in your relationship. Couples need help at times to break old and unhelpful patterns and habits of defensive communication. We will review ways of practicing presence and calming the nervous system to cultivate inquiry, curiosity and reflective responses, rather than habitual and defensive reactions rooted in fear and fear to hope for more in your relationship.

**Logistics:** Because these workshops are limited to two couples, dates are arranged when two couples have registered and prepaid. We provide snacks and beverages to enjoy over short breaks. Intensives are limited to 2 couples so that there is maximum private attention for couples communication exercises in the second half of the workshop. Registration is done directly through Rebecca and full nonrefundable payment of \$300 per couple or \$150 for each individual. Payment is nonrefundable unless I am able to fill your place. The individual couples communication coaching takes place in separate areas with one of the facilitators. Please call me at 612-877-1081 for a consultation to determine if this intensive is right for you. See also [rebeccaconnor.com](http://rebeccaconnor.com). and email: [rebecca@rebeccaconnor.com](mailto:rebecca@rebeccaconnor.com).



*Rebecca and Terry have been together since 1993 and have been leading and assisting workshops and retreats for couples since 1996. Rebecca is a licensed Marriage and Family Therapist (LMFT) with a private practice in South Minneapolis. She specializes in attachment trauma and somatic psychotherapy, as it relates to locked energetic and emotional patterns held in the body and psyche. Rebecca guides in releasing repetitive, outdated and no longer useful patterns of connection w/self and others.*