

Couple Communication Intensives

13030 12th Avenue N., Plymouth, MN
Limited to One Couple*



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.



This is a three hour workshop divided into two sections. Over the first half, The three of us review a handout I've created based on my own research and experience that outlines ways to stay emotionally and physically connected, including during times and topics of conflict. We learn and practice ways to track and stay present when one or both of you are triggered by emotional and/or physical activation. 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 times of ease and peace. Over the second part of the workshop, we will practice active listening exercises, and emotional and physical presence, 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. All couples need help at times to break old and often unconscious patterns and habits of defensive communication. Then intention of this workshop is to practice presence, while calming the nervous system, to cultivate more of a sense of inquiry, curiosity and reflective responses, rather than habitual and defensive reactions that are often rooted in fear, so that you allow yourself and one another the emotional space to hope for and cultivate more connection and ease in your relationship.

Logistics: Because this is a three hour workshop, there will be a break and snacks and beverages are provided. Intensives are limited to 1 couple so that there is maximum private attention for the communication exercises. Registration is done directly through Rebecca and a 50% nonrefundable deposit of \$150 reserves your time. Please call me at 612-877-1081 for a consultation to determine if this intensive is right for you. Payments may be sent to Rebecca Connor, 13030 12th Avenue North, Plymouth. See also rebeccaconnor.com. and email: rebecca@rebeccaconnor.com.

* Note: It is often possible to schedule for 2 couples, in this case, my my husband will assist and the workshop will last for 4 hours, and the total cost per couple is \$275.



Rebecca has been leading and assisting workshops and weekend retreats for couples since 1996. Rebecca is a licensed Marriage and Family Therapist (LMFT) with a private practice in Plymouth, MN, and has been practicing since 1999. Rebecca specializes in working with families, couples and individuals. She has extensive training in attachment trauma and somatic psychotherapy. as it relates to locked energetic and emotional