

**Couples Conflict Resolution: Improving Attunement, Communication, & Connection**

*A four week couples workshop*

**Beginning January 2020**

Couples Conflict Resolution is a four week group workshop aimed at providing couples with a thorough understanding of relationship dynamics, skills for communication, and tools for de-escalation and connection.

This program is comprised of four weekly sessions of two hours each, facilitated by an experienced couples therapist.

*Topics include:*

**Week 1: Individual activation/emotion regulation**

*An exploration of individual ways of bonding to others learned in early life and how that now impacts the ways we attend to distress in our adult relationship.*

**Week 2: Relationship patterns and cycle identification**

*Identifying and exploring couples' conflict patterns and methods of soothing partner distress/upset.*

**Week 3: Coping with conflict and communication**

*Skills for coping during conflict, tools for de-escalation, and strategies for improved communication.*

**Week 4: Connection and repair**

*Establishing and deepening connection, closeness, and bonding throughout the relationship.*

*To participate we request that you:*

- Attend a free one hour screening interview at The Counselling Group (2255 Carling Ave., Suite 300) with the program facilitator to determine if the group is the right fit for you.
- The fee for this program is \$250.00 per couple and is covered by most employee benefits packages under Registered Social Worker or Registered Psychotherapist.
- Commit to attend all 4 sessions.

**\*To register, please contact program facilitator Jennifer Goldberg (RP, CCC) at 613 722 2225 ext. 352 or by email at [jgoldberg@jfsottawa.com](mailto:jgoldberg@jfsottawa.com)**