



## The **HeArt** of Relationship Therapy Working with Couples in the 21<sup>st</sup> Century

This training offers a strength-based, integrated, experiential approach to healing and strengthening intimate relationships that supports the ongoing growth of each person.

### Couples come in many forms!

High conflict • Covert aggressive • Detached • Over-identified • Young, ready to learn • Dating, once-burned

This training provides a “roadmap” of the **common elements** across these various presentations and a **sequential approach to addressing the deeper issues** that result in the **presenting symptoms**, including **trauma work** when needed in any of the above forms

#### **This two-day experiential training will allow you to —**

- Integrate your current knowledge and training for working with individual clients into an effective approach to working with couples;
- Integrate the psychodynamic maps and tools taught here into your individual work with couples;
- Teach couples a “roadmap” and the practical skills needed for creating a strong, truly intimate relationship that will support the ongoing growth of each person;
- Understand highly charged emotional interactions between clients and be able to normalize and reduce historical influences including methods to tackle trauma related issues;
- Clarify for the couple the underlying issues that drive the repetitive, negative, damaging cycles that erode good will, trust, and safety.
- Teach the self-management skill set that gives them an “off ramp” from these destructive, disheartening exchanges.
- Introduce the Enneagram to help couples integrate the effects of personality differences.



For over 30 years, I have focused on two main areas — trauma recovery and empowering relationships — with self and others. In the 90s, I was a Trainer, Supervisor, and Master Teacher for the PAIRS Ftd. that trained therapists in a groundbreaking, comprehensive psychoeducation course for couples. My practice is now focused exclusively on helping couples discover the possibility of turning conflict into deeper trust and intimacy, reclaiming pleasure and encouraging the ongoing personal development of each person.

[www.annladdconnect.com](http://www.annladdconnect.com)

## TRAINING SCHEDULE, SUMMER, 2022

(Ballroom allows 6-8 feet social distancing. Molekule Air Purifier, FDA approved for medical use)

**July 22-23 Friday & Saturday - 9:30 am-4:30pm**

Total hours – 12

**Cost** – \$600 includes a workbook, 2 follow-up supervision sessions, and a clean set of handouts to use with couples.

**Register by Feb 21 — \$550 / Register 2 or more together — \$500 each / INTERNS - \$200**



**Call Ann Ladd to register – 719/251-4006**

**The Connecting Place**

**421 North Main Street, Ste 202, Pueblo, CO 81003**

*The central task for couples is to skillfully navigate two subjective realities to create a supportive, respectful, loving, and joyful way of sharing life's journey together.*

*In the process of learning skillful means, each will also gain more self-awareness, enhanced self-worth and healing of earlier wounding.*

*– Ann Ladd*