

About Ann

After 30+ years in private practice, I am now primarily focused on teaching younger clinicians how to work effectively with couples. When you work with me, you learn at a deep level how to help your clients improve their relationships, recover from developmental trauma, and process their emotional experiences.



“Ann’s work on ‘loops’ should be required training for every therapist, as should her unique and brilliant work on trauma healing.”

~Linda Carroll,
therapist and author of
*Love Skills: The Keys to
Unlocking Lasting,
Wholehearted Love*

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Relationship is at the core of every client’s presenting issue – first, with oneself and then, with others.



This trauma-informed training offers a strength-based, integrated, experiential clinical approach to healing and strengthening couples relationships that support the ongoing growth of each person.



Learn more & apply

☎ 719-251-4006

✉ anladd@aol.com



The HEART of Relationship Therapy

If you get nervous about or shy away from couples work, this training is for you.

www.AnnLaddConnect.com



Why Choose Us

You want to give your clients the very best care, and yet, couples work feels so difficult.

The Heart of Relationship Therapy program gives you a clear system based on brain research, attachment theory, trauma recovery, and more.

You'll feel confident working with your couples clients to help them build healthy, loving, resilient relationships.

Couples Come in Many Forms!

The Heart of Relationship Therapy offers a "roadmap" to sequentially address the underlying issues across various client presentations, such as high-conflict, detached, over-identified, and more.

What You'll Get

- 01** You'll spend 6 Saturdays immersed in person, learning the material directly from the expert.
- 02** You'll witness demos and have chances to practice what you've learned.
- 03** Your work with individuals will be strengthened and enhanced.
- 04** Plus, enjoy supervision sessions with Dr. Ladd at half price (\$65/hour) during the training.

Training Schedule

We'll meet 9:30 am - 4:30 pm in person on the following Saturdays:

Sept 14, 2024: Overview and Intro

Oct 12, 2024: Developmental Trauma

Nov 9, 2024: Enneagram & Attachment Adaptations

Feb 8, 2025: Emotional Literacy

Mar 8, 2025: Skilled Behavior

Apr 5, 2025: Integration & Practice

