

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** A systematic way to work with developmental trauma and protective patterns.
- 02** Understanding the negative velcro loop and effectively using the emotional content couples bring to therapy for healing and growth.
- 03** Your work with individuals will be enhanced.
- 04** An opportunity to join Dr. Ladd's ongoing bi-monthly supervision groups to deepen your skills.

Training Schedule

We'll meet in Dr. Ladd's office from 9:30 am - 5:00 pm with a break for lunch.

NEXT TRAINING Saturday, April 26th

Registration Link:
https://csupueblo-extendedstudies.formstack.com/forms/shortcourses_registration

"I believe I was a kind, empathetic couple's therapist before training with Ann Ladd and learning her Heart of Healing method. Afterwards, I became an effective therapist using a powerful roadmap to understand how relational difficulties originate in individual wounding. - Ildiko Overbay, LPC, CADCI

6 CEUs are available through CSU-P Extended Studies

