

# THE HEART OF RELATIONSHIP THERAPY



A training for working with couples  
in the 21<sup>st</sup> Century

This training offers a strength-based,  
integrated 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 experiential training gives you 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;
- 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 trauma recovery and empowering relationships – with self and others. In the 90s, I was a Trainer, Supervisor, and Master Teacher for the PAIRS Fnd. that trained therapists in a groundbreaking, comprehensive psychoeducation course for couples. For the past 20 years, I have traveled to Oregon to conduct intensive trauma recovery weekends, teach in the classes for couples, and co-lead intensive women’s groups. 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. My marriage of 28 years with my husband David (deceased) was my proving ground.

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

## **TRAINING SCHEDULE, SPRING, 2021**

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

**June 11-12 Friday & Saturday - 9:30 am-4:30pm**

Total hours – 12

**Cost** - \$675 includes a workbook, 2 follow-up supervision sessions, and a clean set of handouts to use with couples.

**Register by June 1 - \$625**



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

**The Connecting Place**

**421 North Main Street, Ste202, Pueblo, CO 81003**