

# RELATIONSHIPS FOR LIFE

## COUPLES INTENSIVES

**A series of 2-6 three-hour couple's sessions using a Relational Life Therapy™ approach.**

*Terrence Real*

- We teach the art of relational mindfulness, a practice that emphasizes bringing your best self to the most heated or worst moments of your relationship.
- Traditional therapy works to establish a therapeutic alliance. We don't, because not all problems are 50-50.
- We move couples forward by creatively confronting the difficult truth, right from the get go.
- Not only do we teach people new skills, we work with the parts that are stuck and that resist using them.
- We teach people to stop using their knee-jerk reaction, and instead, find their mature self that is willing to cherish the relationship.
- We use the worst of the relationship as leverage and motivation for taking a step towards health and wholeness.
- We are genuine in our therapy, and relate to our clients by sharing our own relationship experiences when appropriate.
- We focus on helping a couple become moderate. We pay attention to grandiosity by helping clients come down from being one-up. Likewise, we empower clients who are depressed or one-down to come up to a place of moderation.
- We deal with issues of character with people who have complicated life stories including family of origin trauma, extra marital affairs, addictions, and/or sexuality concerns.
- In our bag of tools, we access The Relationship Grid™ -*Terrence Real*, a powerful diagnostic tool that indicates how the couple is showing up at the worst of times, and where they must go to heal the relationship.
- We use non-verbal techniques to assist couples to show each other what they are unable to say directly.
- We teach couples how to connect sexually, by being more attuned to each other's physical needs, without judgement, using healthy boundaries, being respectful and honest, and by giving themselves permission to be vulnerable.
- We work with parents to strengthen their children's core, by helping them shift from destructive behaviour and negative outside influences to more meaningful family and social connections. We encourage parents to create a positive environment.