

Finding Love Beyond Words
How to Improve Your Marriage without Talking about It
[based on Love and Stosny's book with the same title]

This course teaches couples how to get closer in ways that don't require "trying to turn a man into a woman." It explains the common experience where talking about our relationship can make things worse.

This course sets the stage for good communication by focusing on the different ways men and women connect. When we appreciate what our partner needs to feel connected and meet that need, closeness and connection naturally happen. Good connection then creates good communication.

Recall the ease with which you and your partner shared your hearts with each other when you were dating. You were emotionally tuned in to each other. You responded helpfully in whatever way your partner needed. And you did all this without a lot of effort. Why? You both felt vitally connected to each other. You had a good connection and therefore good communication.

Over time that feeling of connection can erode. When partners feel disconnected, trying to talk and solve problems is difficult at best. The solution is not so much to improve your communication but to do the things that reconnect you with each other. Many of these do not require talking, but they set you up to talk like you did when you first fell in love.

The genius of this workshop is that it teaches how to stay connected. You will gain insight into what your partner needs from you to feel connected and how to give her or him that. You will learn the routines of connection that keep, as a daily reality, the spring-like freshness of the love you first experienced.

Next workshop is scheduled for:
Saturday, December 3, 2011, from 9:00 AM to 4:00 PM
location in Pittsburgh to be announced
cost \$50/ couple
call 412-257-0520 or email a gbmock@verizon.com
for more information

Boot Camp for Resentment, Anger or Emotional Abuse

Brent Mock is an Associate of Dr. Stosny and licensed to conduct this boot camp. Below are Dr. Stosny's comments on his program.

Stop Walking on Eggshells!

Boot Camp Content

Resentment, anger, and abuse are infections of the heart. They attack the very

foundation of our humanity, which is our ability to form bonds of compassion and love with the most important persons in our lives. This Boot Camp approach to healing the heart is an intensive “psychosurgery.” Like physical surgery, it produces dramatic change in a short time. The workshop goes far beyond anger control, violence or anger management classes.

As many as one-third of all American women tiptoe through life as if they are walking on eggshells. At home, they spend most of their time trying to avoid criticism, anger, put-downs, or cold shoulders from their husbands or boyfriends. This verbal and emotional abuse can erupt over anything and everything, matters large and small: housework, cooking, work, spending money, buying household items and clothes for the kids, and going out. Clearly, verbal and emotional abuse is a serious problem. And the negative effects of walking on eggshells can persist for years and also hurt the children in the family. To resolve it involves getting rid of the resentment.

Drawing on his 18 years of experience treating more than 6,000 clients, Dr. Stosny explains the many different forms a verbally and emotionally abusive relationship can take, and offers advice on:

- Why marriage counseling, individual psychotherapy, anger-management, and abuser groups make resentment and abuse worse.
- How to prevent resentment from turning into emotional abuse.
- How to identify abuse and change abusive behavior.
- How to stop resentment from affecting your children.
- How to recover from the pain of abuse and reclaim your natural sense of competence and confidence.

What you’ll learn:

- You can be abusive without intending to be
- The hidden role of fear and shame in relationships
- Core hurts make us feel powerless, inadequate, unlovable, and resentful

In addition, you’ll learn how to:

- Remove the thorns from your heart and regain your true self
- Automatically regulate resentment, anger, and the impulse to abuse
- Replace power struggles with mutual empowerment and loving reconnection
- Establish a deeper connection based on compassion
- Prevent relapse
- Know whether your partner’s change is permanent.

Next boot camp is scheduled for
December 9-11, 2011
Friday evening, Saturday, half a day on Sunday
In Pittsburgh, PA
Location to be announced

Cost \$399/individual, \$499/couple
call 412-257-0520 or email a gbmock@verizon.com
for more information