

Co-Creating A Relationship

You Want To Come Home To



Weekend Rejuvenation for Couples

- Couples:** Introductory Level for any couple, professional or lay persons interested in learning a new model about relationships.
- Two Options:** 1. **November 6 - 8, 2009** or 2. **April 16 - 18, 2010**
- Times:** Friday (7 pm-9 pm); Saturday (10 am-5 pm); Sunday (10 am-5 pm)
- Location:** 10027 - 166 Street, Armstrongs' Counselling Services
- Group Size:** Maximum of 8 couples
- Course Status:** 12 CEUs through ASWB (Assoc. of Social Work Boards), Non-Credit, pending approval by fall of 2009
- Facilitators:** Murray Armstrong, MSW and Donna Armstrong, B. Ed.
- Reduced Fee:** **\$ 400 / couple**; if registration cheque is received by:
1. **October 13, 2009** or 2. **March 30, 2010**
- Regular Fee:** \$ 500 per couple, includes manual, beverages & nutritional snacks
- Refund:** **Full refund, if the workshop is cancelled**
\$ 100 fee if couple cancels less than one week before training

Course Outline

- √ Introductory Concepts to the Weekend
- √ Exploring Positive and Negative Bonding Patterns in Relationships
- √ Skill Development in Mapping and Constructively Using Bonding Patterns
- √ Communication based on Co-Creation Concepts
- √ Establishing Connection through Co-Creation Concepts

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A Two Day Rejuvenation Retreat for Couples

Each person in the couple will:

- √ Understand how negative patterns get created in the relationship
- √ Recognize and honour each other's helpful patterns in the relationship
- √ Experience and practice the re-connection skills that rejuvenate, by:
 - respectfully expressing what you are longing for in the relationship
 - ensuring that you are heard by your partner
 - co-creating a mutual respectful process of problem solving
 - experiencing skills in dealing with negative emotions, reactions and judgements
- √ Experience the heart connection required to build: intimacy, trust and love
- √ Learn how to express your emotions, expectations, and sensitivities
- √ Build skills of validating, acknowledging, accepting, and empathizing
- √ Experience other couples as they co-create mutual respect



Murray & Donna Armstrong
Armstrongs' Counselling Services
Founders of the "Co-Creating Process for Couples"
Accredited by Drs. Hal and Sidra Stone;
Founders of the Voice Dialogue Method



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Email: **dmarm@telusplanet.net**
Address: **10027 – 166 St., Edmonton, AB T5P 4Y1**
Websites: **VoiceDialogueEdmonton.com**
Armstrongs.Counselling.com

Registration Form

_____/_____
Each Person's First Name

_____/_____
Last Name or Names

_____/_____
Apt. #, Street Address or Post Office Box

_____/_____
City or Town, with Postal Code

_____/_____
Home Phones

_____/_____
Cell Phones

_____/_____
Each Person's E-Mail Address

Registering for which retreat weekend? 1: Nov. 6 - 8, 2009 2: April 16 - 18, 2010

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