

## Timeline & Cost

The intensive is lead by husband and wife, Richard and Rhonda Stiver. Rhonda is a therapist with a concentration in Marriage & Family therapy. Together they have been teaching childbirth and parenting classes, and mentoring couples.

The 3-day Marriage Intensive is held Friday 6 pm - 9 pm, Saturday 9 am - 5 pm, and Sunday 9 am - 5 pm., at our Marietta Office. The training consists of six 25 minute education sessions, followed by practice & therapeutic interventions.

The cost is \$995. This includes the pre-assessments, 45 minute phone interview per partner, 3-day intensive, refreshments, 2 meals, 2 overnight accomadations, and a 1 - hour follow-up counseling session.



### For More Information Contact

Upward Call Counseling Services {also doing business  
as Shepherd's Touch}

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## Get Unstuck !

Learn how to create a positive  
shift in your life and your  
relationships

## Marriage Intensive



## Center for Couples & Families 3-Day Couple Intensive

*RP Herrington*  
CREATE THE LIFE YOU WANT

## 3-day Couple Intensive

We all get stuck. The 3-day Couple Intensive is designed from evidence-based research of Emotionally Focused Couple Therapy (EFT) by Dr. Susan Johnson, as an effective approach that helps couples identify their negative patterns and move from frustration and loneliness to creating a secure, loving bond that allows the participants to live a life of peace, freedom and self-expression.



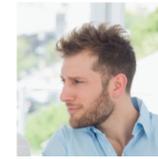
Use the Seven Principles for Making Marriage Work by Dr. John Gottman

Let your partner influence you - Yield to Win



Know your partner's world

Solve Your Solvable Problems -Happy Couple's secret weapon



Nurture your fondess and admiration for one another

Overcome Gridlock  
Fix mistakes and create a secure base



Turn toward each other instead of away -Develop an emotional bank account & stress reducing conversations

Create Shared Meaning  
Make Life Dreams Come True



Small things often build positive lasting relationships



Love doesn't just sit there, like a stone, it has to be made like bread; remade all the time, made new.

-Ursula K Le Guin

### Her Needs



Learn the brain anatomy, fears and needs of a man.

### His Needs



Learn the brain anatomy, fears and needs of a woman.

EFT teaches couples how to use information from the new science of love to explore negative patterns and conflicts that erode away at love, safety, and security. You will learn important skills as you develop a deeper understanding of yourself and your partner, which will help you heal past hurts and change patterns that create distance.

The Marriage Intensive will help you improve communication and strengthen your connection with one another in a safe, supportive environment. You will learn about where things go awry and how to address these bumps, see video examples of how other couples improved their relationships, and have the opportunity to practice with your partner.

## You Will Learn....

- Understand God's plan for marriage
- Understand how your family of origin impacts your beliefs of love
- Make sense of your own emotions
- Learn more about your partner's inner world

- ⚡ Identify negative interactional cycle
- 👍 Restructure the marriage bond and create responsiveness
- 💖 Create secure attachment, positive patterns

- Address stuck patterns and negative cycle
- Prevent negative interactions and learn effective repair conversations
- Learn the art of listening
- Develop tools for cultivating deeper connection, intimacy, admiration and appreciation