



CONNECTIONS

From
The Relationship Shop

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Active social engagement and a sense of belonging are linked by countless studies to better mental and physical health. We seem to have a strong need to feel connected to others. Yet, despite this longing for connection, we often experience difficulties in our closest relationships. Some try to substitute other forms of immediate gratification to fill the void. Some resign themselves to feeling dissatisfied and alone – even though they may be with a partner. Others search for answers through the dizzying array of coaching, counseling and mind-body healing, with varying degrees of success.

But now couples all over the world are discovering there is a way to have more meaningful and rewarding relationships. I would like to introduce you to **Imago Relationship Therapy**, a profoundly important process to help couples deepen their intimate connection and communication. Developed by best-selling author and relationship guru, Dr. Harville Hendrix, it emphasizes “doing” relationship skills rather than analyzing or talking about them.

The Imago therapist teaches the couple how to act in ways that promote connection and mutual understanding. A built-in benefit of “walking the Imago talk” is the growth and healing that occurs when both partners come to regard each other’s vulnerabilities (“childhood wounds”) with compassion and learn to take good care of each other instead of judging, blaming or criticizing each other.

Imago work is devoted to training couples to use the many tools and skills to deal with conflicts and issues that inevitably arise between any two human beings engaged in

relationship with each other. When the relationship is of an intimate nature, the work also promotes increasing passion and romance. We all want and need joyfulness in our connections!

Imago work is powerful between committed intimate partners. But the tools may also be used to strengthen any important relationship. That includes employers and employees, parents and children, business partners and associates, even friends and neighbors.

In future issues of “CONNECTIONS” I’ll go more deeply into how the Imago tools are used and share some interesting case studies.

If you know of people who would benefit from this kind of training, I would much appreciate your referring them to me to see if we could work together to their benefit. My personal goal is to make the world a safer place for relationships.

Shop Talk Events and Happenings

Valentines Day Party, 5:30-7PM Feb 14, 2006, at the Gallery in the Square, to celebrate the joys of connection. See adjacent article. Call to RSVP.

“Secrets of Joyful Relationships”
Class offered at CCAC, 7-9PM Mar 14-April 18, 2006. This series of six two-hour classes has been offered eight times previously in Pittsburgh. Call 412-369-3703 or check Community Education Classes at www.ccac.edu for additional registration information

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