

# Workshop for Couples: Re-ignite, Refresh, and Revitalize Your Relationship

Saturday, 7 February 2015 - 9:00am - 6:00pm

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## What is it about?

This workshop is for any couple at any stage and of any gender, for anyone who wants to improve their own self-awareness and deepen their understanding and appreciation of how their relationship fuels their life and their happiness. Whether you have evident conflicts or problems or just think that you've let things drift a bit or want to do an ounce of prevention in this important arena, spending time together to invigorate your partnership will be valuable and FUN!

The **Satir Model**, developed by family therapist [Virginia Satir](#), has a way of helping people achieve the self-awareness and confidence necessary to make personal changes that will transform your relationships. The workshop focuses on the origin of **self-esteem** and its essential role in how we view ourselves and others.

Learn how to be **congruent** and how you and your partner can build self-esteem. See yourselves through the metaphor of **The Iceberg**. Explore your conflicts with **The Ingredients of an Interaction**. Learn your partner's Love Language and understand your **Couple Stage** and your interlocking scripts, so both of you can be more at choice.

## Sources

Much of what is presented at the workshop is drawn from the work of **Virginia Satir**, a pioneer in family systems therapy and an inspiration to generations of family therapists. Her legacy is a vibrant network of therapists and lay people who continue to be involved in the Virginia Satir Global Network and in the Satir Institutes worldwide. The *Satir Model* helps people rediscover their essential value through exercises that encourage self-awareness and personal growth.

In addition, material is drawn from the following books (detailed information about these books is [available here](#)):

- **John Gottman**: *The Seven Principles for Making Marriage Work*, based on 20 years of research.
- **Susan Campbell**: *The Couple's Journey: Intimacy as a Path to Wholeness*, which clarifies the power struggle stage.
- **Gary Chapman**: *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*
- **Deborah Tannen**: *You Just Don't Understand: Women and Men in Conversation*, which helps you understand gender differences

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- **Harville Hendrix:** *Getting the Love You Want: A Guide for Couples*
- **Harold Bloomfield:** *Making Peace with Your Parents*

## For whom is it?

People come to SLCO workshops from all of life's circumstances. Whether you are prepared for a little change or a lot, you will find yourself among friends in a safe and supportive environment. This workshop will start you on or enhance your journey of self-discovery and change.

You'll find a mix of new people and people who've been to our workshops before, people who are part of our community. As people gain a better understanding of themselves, many find it useful to return and view these concepts from their new place of understanding.

Virginia saw people as good at their core (often despite appearances) and with a desire to grow and learn and discover a deep source of high self-esteem, which can be tapped when you know where to look. With humour, respect for humans of any walk of life or circumstance, and a sense of safety and confidentiality, she created workshops for personal growth and transformation, which have continued in 34 countries since her death.

## How much do I have to participate?

Don't worry! This is not a show and tell. We know that many people are nervous about groups. Be assured that, as a participant, you need say nothing about yourself in the group—you learn vicariously through learning about the tools. You can remain an observer. You will work with two other people of your own choosing. In the larger group, you can choose to volunteer if you want to say something further. At all times, you choose what you say. A key philosophy is that we are responsible for ourselves, and that includes the right to say yes or no.

## Allergies

Please avoid wearing perfume and cologne, as some people are highly allergic.

## Dates and Times / Location / Other Details

**Workshop date:** Saturday, 7 February 2015

**Workshop registration and welcoming:** Saturday (8:30 AM)

**Workshop times:** Saturday (9:00 AM to 6:00 PM). The workshop will start promptly at this time.

**Location:** Ben Franklin Place, 101 Centrepointe Drive, Ottawa ([map](#)).

**Reconnect:** Three optional, recommended follow-up sessions will be held on Saturday or Sunday afternoons from 1:00 PM - 5:00 PM, with the dates to be determined. There is no additional charge for these sessions.

For more information, please [send a note](#) to the Satir Learning Centre of Ottawa.

## Registration and Price

At least one member of the couple is a medical resident,  
student, SLCO member, or senior citizen (65 & over)

Price for couple  
\$175

Other couple

\$195

**Leader(s):** [Janet Christie-Seely, MD, MSc, FCFP](#)  
[Tom O. Wright](#)

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[Debra Lavigne](#)

[Michel Dorion](#)

[Kathleen Panela-Séguin, B.A., B.M.T.](#)

[Guy Séguin](#)