

# Couples, intimacy and boundaries



## Recovery Workshop

- Would you like your relationship with your partner to be richer and more rewarding?
- Would you like to improve communication with your partner?
- Would you like to stop the feelings of insecurity, fear, aggression and emotional pain?

Couples can expect to look at their past in order to gain some understanding of their experiences and how they learned to be in relationship with other people – both from their experience of family and from how they saw their families behave towards each other and to those outside their immediate family.

You can achieve a greater understanding of yourself, a sense of liberation from old messages and core beliefs that limited your ability to be relational, and a sense of hope that with this knowledge and new boundary skills, there is the opportunity to create and keep a healthier, more nurturing relationship.

## Dennis Durby

MSW, DCSW, MBACP (Senior Accredited)

Dennis has worked for over 30 years in addictions, recovery, trauma resolution, domestic and child abuse, relational recovery, and with issues specific to men.

He holds Senior Accreditation from the British Association of Counselling and Psychotherapy, and was a California-licensed psychotherapist before moving to the UK in 2005.

Dennis trained in addictions, relationship repair, and trauma recovery with Pia Mellody, Terrence Real, Patrick Carnes, and Francine Shapiro, among others.

Full attendance for all days of the workshop is essential in order that all participants fully benefit.

*Please note that participants will be expected to abstain from alcohol and other drugs during the workshop. Individuals on prescription medications should inform us at the time of registration about any drugs they may be taking regularly or occasionally.*

Workshops fill quickly and numbers are limited. Early registration is strongly encouraged.

To register please visit  
[www.nexuswest.co.uk/cib](http://www.nexuswest.co.uk/cib)

Or you can register or make enquiries by calling us on +44 (0)20 3002 3774.

Following registration, all participants will be provided with a copy of Pia Mellody's *The Intimacy Factor* to read before beginning the course. Please see our website for current FAQs about cancellation and rescheduling policies and refunds.

**22–25 November 2012  
(four days)**

**Fee: £1,500 per couple**

**Greycoat Place, LONDON SW1**

Held in comfortable surroundings a few minutes' walk from either Victoria or St James's Park stations in Westminster. Parking is available on nearby streets.

The workshop will run from 10am to 6pm (approximately) over four days – Thursday to Sunday.



# Full potential relationships

In this workshop you will learn how to develop the full potential of your relationship through the practised use of functional personal boundaries.

Healthy internal boundaries help us to maintain self esteem, to prevent our doing damage to our partner through our behaviour. They allow for strong, clear, positive communication where we are able to both share our own needs and wants as well as genuinely listening to those of our partner.

Based on ideas and content originally developed by Pia Mellody, this workshop affords couples opportunities to explore the quality and health of their relationships. This course can aid in relational repair and the growth of Relational Esteem.

All too often our relationships suffer from mutual blaming, attempts to manipulate and control our partner, personal defensiveness, and denial of the effects our behaviour has on our relationships. Lying, feelings of profound insecurity, fear, verbal or physical aggression and emotional pain are the result. We become trapped into unhealthy, destructive, non-relational patterns.

Through lectures and experiential work, the couple can learn new, more relational ways of being together. As the partners become more relational, the strength and depth of their relationship can grow.

# Informational lectures

- The nature of boundaries
- Relational trauma from past experiences
- How to speak from a place of humility
- How to listen from a place of curiosity
- How to maintain functional boundaries during conflict
- Stopping the blame game
- Moving from a place of defensiveness to a place of intimacy
- How to practise emotional accountability
- Overcoming the urge to control or manipulate your partner

As a participant couple, you can expect to look at your past family and other relationships in order to gain understanding of how you may act with your partner. You will be given tools to be and stay more relational with one another.

The Couples, intimacy and boundaries course can be an intense, rewarding experience. You can achieve a sense of liberation from old core beliefs that limited your ability to be relational, leading to a healthy, nurturing relationship into the future.

# Experiential exercises

- How to be intellectually intimate through good interpersonal boundaries
- How to be emotionally intimate through practice of internal boundaries
- Practice using a feedback loop format for healthy interpersonal communication
- Sharing in order to be known by your partner
- Listening in order to know your partner
- Establishing intimacy through sharing your reality
- Practice in scanning for the positive in your partner and in your relationship
- Practice in scanning for the truth in what you are hearing from your partner