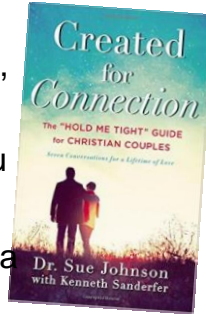


CREATED FOR CONNECTION

The **Created for Connection** workshop is simple:

Forget about learning how to argue better or analyzing your early childhood. Instead, **get to the emotional underpinnings of your relationship** by recognizing that you are attached to and dependent on your partner in the same way that a child is on a parent, and that we are on our Heavenly Father. The way to **enhance and protect our relationships** with each other (and with God) is to be open, attuned, and responsive and to reestablish a safe emotional connection.



This unique workshop is based on the book **Created for Connection: The "HOLD ME TIGHT" Guide for Christian Couples** by Dr. Sue Johnson, which is rooted in Emotionally Focused Couples Therapy (EFT). The research into EFT shows that learning how to become emotionally responsive to each other is the key to a safe, healthy, and stable relationship.



Join us for this workshop —
It is bound to be enriching and enlightening for all Christian couples!

This is a powerful couple's workshop designed to help you go deeper with your partner and unhook yourselves from **the harmful patterns** that can keep you both stuck and feeling disconnected and distant from one another. Learn to communicate in a way that leaves you feeling deeply heard and close to each other. Deepen your bond and decrease the pain and distance.



2-day workshop

Friday, Feb. 18, 5:30pm – 10pm
Saturday, Feb. 19, 8:30am – 5pm

Where? Community Evangelical Church, 51 Green Valley Rd, Sinking Spring, PA

Cost? \$249 Early Bird before 2/3/22; \$279 after that.

- Space is limited to the first 20 couples. Please make sure your registration/payment is mailed by 2/4/22. Payments will be returned if the workshop is cancelled due to inclement weather or if too few registrants.
- Coffee and light snacks will be provided. Couples are responsible for their own lunches on Saturday.
- We will practice social distancing and follow the safety guidelines of Community Evangelical Church.
- Childcare is not provided.
- Call Renee Donovan at 610-304-2989 or Robert Fair at 215-219-4150 with any questions.

Register Today!

www.couplestherapypa.com

Venmo: @Renee-Donovan-3

Check: Payable to Renee Donovan
516 Kenhorst Blvd. Reading, PA 19611

CREATED FOR CONNECTION

What are the SEVEN CONVERSATIONS for a LIFETIME OF LOVE?

1. **Recognizing Demon Dialogues** — Couples identify their argument patterns and figure out what each other is really trying to say.
2. **Finding the Raw Spots** — Move beyond immediate, impulsive reactions when raw spots are hit.
3. **Revisiting a Rocky Moment** — A platform for de-escalating conflict, repairing rifts in a relationship, and building emotional safety.
4. **Hold Me Tight** — Moves partners into being more accessible, emotionally responsive, and deeply engaged with each other.
5. **Forgiving Injuries** — Knowing how to find and offer forgiveness for lingering hurts empowers couples to strengthen their bond.
6. **Bonding Through Sex and Touch** — Find how emotional connection creates great sex, and great sex creates deeper emotional connection.
7. **Keeping Your Love Alive** — Love is a continual process of losing and finding emotional connection; create a plan to be deliberate and mindful about maintaining your connection.

Who does this workshop benefit?

You can benefit from this workshop if:

- You want to enrich your relationship
- You want to create a more loving, emotional connection with your partner
- You see negative cycles that overpower your relationship at times, but can't see how to create new positive ways of engaging with one another
- You want ways to pull each other close in difficult situations

What will we learn?

You will learn to:

- Show love with more fullness, aliveness, presence, and a deeper connection
- Break the cycles of frustration and isolation in your relationship
- Make sense of your own, as well as your partner's, emotions
- Communicate your emotional needs for connection
- Deepen your romantic and sexual connection

Your Facilitators:



Renee Donovan is a Licensed Marriage and Family Therapist in private practice in Reading (Kenhorst), PA. She is Certified in Emotionally Focused Therapy, specializing in Couple relationships. She is also trained in EMDR (Eye Movement Desensitization Reprocessing), a therapy modality for

trauma and issues arising from difficult circumstances in life. Renee is passionate about working with couples and individuals, doing these workshops, and witnessing the beautiful connections taking place. You can learn more about Renee by visiting her website, www.couplestherapypa.com.



Robert Fair is a licensed professional counselor in PA and a Certified Supervisor and Couples Therapist in Emotionally Focused Therapy (EFT). He has a private practice in West Chester, PA. Robert trains other therapists in the practice of EFT and also facilitates the Created for Connection Workshops

several times a year. He is a speaker and teacher having served in youth ministry for many years. You can learn more about Robert by visiting his website, www.robertfairlpc.com.

