

Sponsored by the Parent's Association of Pope John XXIII School

Couple Coherence:

Enhancing & Replenishing Loving Relationships

Michael J. Banks, Ph.D.

March 22, 29, April 05, 12, 2017

**Decrease the Impact
of Stress on Your
Relationship**

**Transform Painful
Interactions into
Loving Ones**

**Increase Your
Positive Interactions
with Your Partner**

**Enhance the Quality
of the Time
You Spend Together**

**Improve Your
Effectiveness in
Dealing with Conflicts**

All couples have to face challenges: child care issues, financial concerns, stress on the job, conflict with each other. Although these challenges can have a corrosive effect, not all couples are overwhelmed by them. In fact, researchers have now identified **success patterns** that **enable couples** to have relationships that not only **succeed** but also **thrive and flourish**.

The good news is that these patterns are not fixed. They can be learned. Actually, brain research shows that we can all learn to enhance these patterns. In fact, **couples** that have learned these patterns **end up having long-term successful relationships**. However, rather than trying to learn these patterns by trial & error, you can greatly increase the quality of your relationship with systematic training and coaching.

During this 4-evening course, you will learn:

1. **Strategies** for changing mind-body states, which will enable you to move out of stress and negativity and into resourcefulness and creativity.
2. **Approaches** to understanding and influencing, which will aid you in being more effective in dealing with your partner as well as others.
3. **Methods** to enhance and enrich your emotional bond, which will help you to improve the quality of your relationship.

Although the primary focus of this program is on the couple, these skills are transferable to other relationships: parent-child, family, friends, colleagues, etc. **All relationships can be strengthened and made more fulfilling.** This program offers you an opportunity to enhance and replenish yours.

Michael J. Banks, Ph.D. is a clinical psychologist, health & life coach, trainer and consultant. His approach is informed by a number of therapeutic models (Acceptance & Commitment Therapy (ACT), Cognitive-Behavior Therapy (CBT), Emotion Focused Therapy (EFT), Ericksonian Hypnotherapy, Gottman Method Couples Therapy (GMCT), Health Psychology, Mindfulness-Based Cognitive Therapy (MBCT), Neuro-Linguistic Programming (NLP), and Solution-Oriented Brief Therapy) as well as research on neuroscience, social & emotional intelligence. He is known for his warmth, his sense of humor, and the clarity & depth of his presentations. He has designed numerous programs that have aided people in improving their health, enhancing their lives and turning their dreams into reality. He is also happily married and the proud father of two delightful sons (both graduates of Pope John XXIII).

Dates: Wednesdays, March 22 - April 12, 2017

Time: 7:00 PM to 8:30 PM

Place: Pope John XXIII School
Cafeteria - Basement
1120 Washington
Evanston, IL 60202

RSVP: To reserve your place for this highly rated **free seminar**, or to **get additional information** about this training, you can call (773) 262-2794, email MJBndunltd@aol.com, or visit www.BoundariesUnlimitedHLC.com.