

Creating Loving Relationships

Workshop Overview

The past thirty years have seen radical changes in the way we view love, marriage, family, and relationships. Many people find it difficult to develop and maintain intimate relationships amid the stresses and demands of daily life. Many women and men, especially those who have been chemically dependent and/or abused, are challenged by issues of attachment and sexual intimacy. Indeed, relationships and sexuality are often major contributors to addiction relapse. This workshop offers both therapists who work with couples and individuals and couples in recovery an opportunity to examine the elements of healthy relationships, to develop treatment strategies for improving relationships, and to explore the nature of intimacy and love.

Workshop Topics

- Healthy and unhealthy relationships
- Identifying patterns in relationships
- Developing relationship skills
- The experience of intimacy
- What is love?
- The spiritual connection

Workshop Objectives

- Define the qualities of growth-fostering relationships
- Understand the impacts of family-of-origin issues and social messages on relationships
- Discuss strategies for communication in relationships
- Outline steps to sexual recovery
- Explore the meanings of intimacy and love

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