

FOR COUPLES ONLY!



**RELATIONSHIP
TRAINING INSTITUTE**

PRESENTS:

BUILDING BETTER RELATIONSHIPS: *A Weekend Workshop for Couples to Bring Out the Best in Both of You*

Presenter: David B. Wexler, Ph.D.

Friday & Saturday, January 21 & 22, 2011

In this intensive Friday evening and all-day Saturday workshop, couples will learn about the central patterns that trip up even the most loving and committed relationships. Based on Dr. Wexler's ground-breaking theories and more than twenty years of experience working with couples (and especially with getting "good men" to talk more and learn the skills required for successful intimate relationships), this workshop will be both educational and experiential. You will learn how to identify the "hot buttons" that trigger destructive behaviors in all of us, and how to get back in charge of how you are treating yourself, your partner, and your relationship.

Most importantly, this workshop is designed to identify the ways in which you, as a couple, are already very successful in dealing with conflicts and with bringing out the best in each other. You will learn from an expert in the field, from the other couples in the room, and from your own personal histories how to create a relationship structure to last you for years to come.

RTI's *Building Better Relationships* workshop welcomes all couples in intimate partner relationships, married or unmarried, who are committed to dealing with conflicts more effectively, re-discovering the wonderful qualities in each other, and bringing out the best qualities in their relationship. Some couples who attend are quite happy with their relationship and want it to get even better, while others may be experiencing significant distress and want to do everything they can to save the relationship.

Workshop Themes:

- Learn how the "broken mirror" experience can destroy even the best of relationships
- Recognize the importance of establishing "twinship" in your relationship
- Discover the power of "emotional authenticity" in building emotional and sexual intimacy
- Learn when NOT to be totally honest with your thoughts and feelings
- Learn communication tools that generate mutual respect rather than mutual attacks
- Recognize how important your "relationship narrative" is – and what to do about it
- Celebrate all the strengths that already exist in this relationship and how to build on them
- Discover the power of "distress tolerance" to create a safe relationship environment
- Discover how easy it is to create a climate of mutual respect
- Understand how to identify the primary emotions that trigger the secondary emotion of anger
- Learn when to confront and when to back down
- Discover how to use the good, the bad, and the ugly in your relationship as opportunities for personal growth

This workshop is for you if

- you want to make your good relationship even better
- you are in a relationship with conflicts and want to learn new tools for resolving them
- you are beginning a relationship and you want to do everything you can to build a solid foundation
- you are considering a break-up or divorce and want to decide if the relationship still has a chance

After you register, you will be sent a more detailed description of the workshop and an application including a questionnaire to ensure that your situation is appropriate for this workshop. Couples with patterns of physical violence or significant psychiatric disorders may not be appropriate.

"I have already recommended this workshop to several of my married friends. I couldn't make a higher recommendation. David is a sensitive, talented counselor with great knowledge and insight into the dynamics of marriage. We are so very very fortunate to have him as a resource right here in San Diego. The structure of this session was perfect for us. THANK YOU! — S.S., San Diego"

ABOUT THE PRESENTER

David B. Wexler, Ph.D., an internationally acclaimed speaker, is a clinical psychologist in private practice in San Diego, specializing in the treatment of relationships in conflict. He is the Executive Director of the Relationship Training Institute, a pioneering non-profit agency enhancing relationship development for thousands of clients and professionals since 1986. He has also served as the Clinical and Administrative Supervisor for the NIMH-sponsored research study of relationship skills in U.S. Navy couples from 1991 through 1996, and again from 2001 to 2006.



Dr. Wexler is the author of many books and articles, including *When Good Men Behave Badly: Change Your Behavior, Change Your Relationship* and *Is He Depressed or What?: What to Do When the Man You Love is Moody, Irritable, and Withdrawn*. The California Psychological Association has designated Dr. Wexler as a *Master Lecturer*, and he received the *Distinguished Contribution to Psychology* award at their annual convention in 2003. Dr. Wexler has been featured on the *Dr. Phil* show and the *TODAY* show, in the *Washington Post*, "O" magazine, *Cosmopolitan*, *Redbook*, *Men's Health*, and on dozens of radio and TV programs throughout North America to help educate the public about relationships in conflict and how to resolve them.

Dr. Wexler and his staff at the Relationship Training Institute receive outstanding reviews for trainings and workshops. They are known for integrating state-of-the-art theory and research, group interaction, practical skills, and humor – and for a relentless commitment to bringing out the best in relationships.

WORKSHOP INFORMATION

DATE & TIME

Friday, January 21, 2011 4:30pm–8:30pm
Saturday, January 22, 2011 8:30am–4:30pm

LOCATION

University of San Diego
Douglas F. Manchester Executive Conference Center
5998 Alcalá Park
San Diego, CA 92110
619-260-5976

REGISTRATION INFORMATION

Early Bird Registration (paid registration **by** December 6, 2010) \$495/couple
Regular Registration (paid registration **by** January 3, 2011) \$595/couple
Late Registration (paid registration **after** January 3, 2011, if space available) \$695/couple

Cancellation policy: Cancellations and refunds by written request only.

More than 30 days prior to workshop: full refund minus \$50 processing fee.

Less than 30 days prior to workshop: 50% refund.

No-shows receive no cash refund but may apply 50% of paid workshop fees for future RTI workshops.

REGISTRATION OPTIONS:

On-line: www.RTIprojects.org

Fax: 619.296.5027

Mail: 4036 Third Avenue
San Diego, CA 92103

Call: 619.296.8103 ext.10

MORE INFORMATION

Visit our website at www.RTIprojects.org or
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