

Keeping the Romance Alive: A Couples Group Therapy Experience

Revitalize your relationship, build stronger connections, and meet future challenges together with this unique group. All couples welcome.



WHEN:

12 weekly sessions

Mondays 6:30pm to 8:00pm

March 2 – May 25

No session on May 18 due to stat holiday

WHERE

CBT Associates, North York Clinic

4950 Yonge Street, Suite 1810
(within 2 minutes walk from Sheppard-Yonge Subway Station)

North York

COST

Total cost for each couple would be \$2,400 for the 12 sessions. Total fee for group is requested upon registration. Therapy is eligible for reimbursement with most major Canadian benefits plans. Couples will receive receipts at the end of each session.

HOW DOES IT WORK?

Led by Dr. Janine Cutler, C. Psych and Shankari Sharma, M.A., this group will introduce couples to a blend of evidence-based approaches, including the Gottman Method and Emotion-Focused Therapy (EFT).

Couples will explore what healthy relationships look like, difficulties that may arise, and what the recipe is for a thriving, romantic relationship. During Keeping the Romance Alive, couples will learn how to incorporate the following strategies into their lives together:

1. CONNECTION ENHANCEMENT STRATEGIES:

These strategies cover how to **enhance the love**, affection, admiration and connection that is already present in your relationship. You will learn healthy communication and negotiation styles, how to set appropriate boundaries, and how to build strategies to effectively meet each other's needs.

2. CONFLICT MANAGEMENT STRATEGIES:

These strategies help couples understand the different types of difficulties they might encounter, and how to **resolve them successfully**.

3. SHARED MEANING STRATEGIES:

These strategies enable couples to create their own rituals, roles, goals, and symbols that will help to **honour each other's individuality** while also creating a shared meaning for their lives.

Couples will be provided a workbook with a variety of exercises and resources.

PLEASE NOTE: This group is not suitable for individuals who are under the age of 18 years, single, or actively suicidal or threatening suicide. Group members cannot consume or be under the influence of alcohol or other substances during the group session. This group also would not be suitable for couples who are in crisis, significantly distressed, at risk for domestic violence or have recently experienced severe relationship trauma.

To register, please contact Rene Graham-Evans

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