

Maintaining Love & Relationships



True love is never easy, its the difficulty that keeps it true

Luke Sahnou

Brought to you by:

Moving
On to
Healthy
Relating

MOHR is all about:

- Self-discovery and exploration
- Improved self-esteem
- Self-empowerment
- Improved communications skills
- Breaking unhealthy relationship patterns
- Forming healthy relationships

Maintaining Love & Relationships is a 12-week workshop covering these topics:

Sessions	Topics
1	The Many Ways Couples Tango – Part I (<i>The Struggle Between Autonomy and Intimacy</i>)
2	The Many Ways Couples Tango – Part II (<i>The Struggle Between Autonomy and Intimacy</i>)
3	The Calm After The Storm (<i>Plateauing and Stability Within Relationships</i>)
4	Commitment To...Letting Go? Part I (<i>The Importance of Intimacy and Autonomy</i>)
5	Commitment To...Letting Go? Part II (<i>Methods of Maintaining Intimacy and Autonomy</i>)
6	Commitment Creates S.A.F.E.T.Y. (<i>Topic: Building Commitment and Safety Simultaneously</i>)
7	Pavlov Was Right! (<i>How Unhealed Wounds Prevents Commitment</i>)
8	Therapy for Ralph & Alice Kramden Part I (<i>Embracing the Natural Polarities in Relationships</i>)
9	Therapy for Ralph & Alice Kramden Part II (<i>Embracing the Natural Polarities in Relationships</i>)
10	The Peaks and Valleys of Life (<i>Dealing With Turbulent Times</i>)
11	Sunrise...Sunset... (<i>Realizing The Need For Change</i>)
12	An Individualized Treatment Plan (<i>Personalizing This Quarter's Material</i>)

Facilitator: Carrie Hansen, MA, MSW, LCSW-C

Columbia Location
New Hope Lutheran Church
8575 Guilford Road
Columbia, MD 21046

Thursdays, 7:00 - 9:00 PM

Crofton Location
Prince of Peace Presbyterian Church
Fellowship Hall
1657 Crofton Parkway
Crofton, MD 21114
Mondays, 7:30 - 9:30 PM

Registration and Assessment are required.

Tel: 410/721-0992

Email: info@changingfocus.org

Website: www.changingfocus.org