



Mike Fidler, MSW, RSW, has over 28 years clinical experience working with individuals, couples and families. As part of Mike's general clinical practice he assists clients with a wide range of personal and relationship issues, counselling couples who have grown distant, *have painful enduring conflicts* or who are suffering through difficult times. He specializes in the building and repair of emotional connection and trust, with advanced training in Emotionally Focused Couples counselling.

Mike Fidler is an independent, licensed clinician personally trained and certified by Drs. John & Julie Gottman co-founders of the Gottman Institute. He has been specifically trained as a Certified Gottman Therapist and Certified Gottman Couples Workshop Leader to provide a positive, practical, research-based approach to working with couples.

For additional info, please visit www.gottman.com.



What Couples Had to Say:

- I learned some interesting things about my spouse.
- Finding out more about my spouse's feelings helped bring us closer.
- I liked having time with my partner.
- I appreciated learning a "language" in which to understand our challenges.



Workshop Date:

November 11, 12, 2017

Time: 8:30 am – 5:00 pm

Learn to grow your relationship!

www.fidlerassociates.com
www.coupleworkshops.ca



The Art & Science Of Love

Presented By:

Mike Fidler, MSW RSW

Certified Gottman Therapist

Certified Gottman Couples Workshop Leader



Location:

Mike Fidler & Associates Inc.
 39 Kent St. N., Units 6 & 7
 Simcoe, ON N3Y 3S1
 Tel: (519) 428-0776



Who Should Attend

The Art & Science of Love workshop is designed to strengthen your marriage or relationship through engaging presentations and experiential activities. If you have a strong relationship, this workshop will provide you with insights and tools to make it a great one. If your relationship is distressed, this two-day workshop will provide a road map for repair!



What You Will Learn

At the workshop, couples will learn how to:

- Foster respect, affection and closeness
- Build and share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through and resolve conflict gridlock
- Strengthen and maintain the gains in your relationship

Relationship change starts almost immediately when couples begin to do what successful couples do.



The Workshop Program

John Gottman, Ph.D., has learned what really makes marriages work by studying and following over 3,000 couples in 35 years of research. This workshop is designed to teach you exactly what successful couples do to foster romance and manage conflict in their marriages. During the first day, you will learn how to build fondness, admiration and closeness in your relationship. On the second day, you will work on conflict management while learning new and important skills. In the workshop, couples work privately on exercises designed to address the challenges in their real life relationship. During the skill building exercises, Certified Gottman Therapists support couples one-on-one. There is no group work or public disclosure.



Workshop Topics

The five basic questions:

- How is your marriage/relationship doing?
- What makes relationships change, for better or for worse?
- If your relationship is in trouble, how can you turn it around?
- If your relationship is doing well, how can you ensure that your relationship will continue to grow?
- As your relationship improves, how can you make the changes last?

Assessing your relationship

- Learn to recognize the Four Horsemen of the Apocalypse and what to do if they are attacking your relationship/marriage
- Identify your relationship's specific strengths and how to build on these
- Learn about the effects of physiological flooding and how it may impede conflict resolution
- Learn the small, easy steps that increase romance in your relationships

Building a "Sound Relationship House"

- Learn how Love Maps provide a solid foundation for intimacy
- Use the Fondness and Admiration System to renew respect and care for one another
- Create an Emotional Bank Account that you can draw upon in times of stress
- Develop your problem-solving skills, including the four techniques of effective conflict resolution: Softened Start Up, Accepting Influence, Repair Work and De-escalation

YES, please register us for *The Art & Science of Love: A Weekend Workshop for Couples*

Date: _____

Name #1 _____

Name #2 _____

Address _____

City, Province, Postal Code _____

Daytime Phone/Evening Phone _____

Email(s) _____

Physically challenged? How can we accommodate you? _____

Registration Fee (please check one):

Early Registration: \$725 per couple

*ends thirty days prior to the workshop date

Standard Registration: \$775 per couple

*Special discounts are available to Mental Health Professionals. Please call to inquire about these prior to registration.

Refund Policy: Refund (minus \$50 administrative fee) if cancellation notification is received on or before ten days before the date of the workshop. After this date credit will be given to attend a future workshop.

Payment Information: (Do Not Send Cash)

Credit Card:

MasterCard Visa

Name on Card _____

Authorizing Signature _____

Account # _____

Expiration Date/Security Code (3 digits on back of card) _____

Cheque: Enclosed is my cheque for \$ _____

Payable to: Mike Fidler & Associates Inc.

Mail to: PO Box 335, 39 Kent St. N., Unit 7

Simcoe Ontario, N3Y 4L2

Ph: (519) 428-0776 Fax: (519) 426-0852

Confirmation of your workshop registration will be emailed to you.