

Give Your Relationship The Gift
of Investment



BUILDING A LASTING CONNECTIONTM

Relationship Retreat

If you are looking for ways to refresh your relationship or learn new ways of communicating and connecting, then please come learn with us.

Our Facilitators

Katie Dyck, LCMFT

Certified BLC Facilitator
Cornerstone Family
Counseling
Manhattan, KS.



Alex Howard, LCPC

BLC Facilitator
Advantage Counseling
Overland Park, KS



Rebecca Klein, LCMFT

BLC Facilitator
Grace & Grit Counseling
Mission, KS



Schedule

May 17-19, 2024

Mission Southside Ministry Center
Olathe, KS



913.735.6272



catherinedycktherapy.com



414 E Dennis Ave Olathe, KS



The Lasting Connection workshop is a couple education program co-developed by Dr. Debi Gilmore, Certified EFT Supervisor, and Dr. Rebecca Jorgensen, Certified EFT Supervisor and Trainer.

The objectives of the workshop are to teach couples, within an active and practice-based setting, how to create and preserve a foundation of secure attachment in their relationship.

With a new understanding of attachment theory and attachment needs, couples will:

- Achieve a greater understanding of what “romantic love is” and how to maintain and grow it.
- Learn how to communicate within a systematic framework designed to come to greater understanding and connection.
- Navigate differences and solve problems together.
- Discover and practice how to remove communication blocks.
- How to avoid touch deprivation of both body and soul.
- Establish a process to set and achieve goals together to guide you past critical relationship periods.

You will leave this weekend refreshed and with tools and concepts that will help your connection continue to grow.

Weekend Schedule

Friday, May 17th 2024

- 6:00 pm – Arrival/Check In – drinks and snacks
- 6:30 pm – Introductions
- 7:00 pm – Session 1: Understanding Attachment Needs
- 8:00 pm – Wrap up/Optional Couples Dance Lesson

Saturday, May 18th 2024

- 8:30 am – Arrival/Check In – Coffee and breakfast
- 9:00 am – Session 2: Communicating for Closeness
- 11:30 am – Break for lunch
- 1:00 pm – Session 3: Managing Differences
- 4:00 pm – Session 4: Physical Connection and Intimacy
- 5:00 pm – Wrap up/Closing
Date Night

Sunday, May 19th 2024

- 8:30 am – Arrival/Check In – Coffee and breakfast
- 9:30 am – Session 5: Roles, Goals and Rituals
- 11:00 am – Wrap up/Closing

Details and Cost

\$500 base cost per couple, which covers sessions, materials, breakfast, snacks and refreshments.

\$250 non-refundable deposit due at registration to reserve your place at the retreat.

Full payment due by April 16th, 2024.

To make further inquiries, or to register, go to:
www.catherinedycktherapy.com.