

Give Your Relationship The Gift
of Investment



BUILDING A LASTING CONNECTION

TM

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.



Rebecca Klein, LCMFT

BLC Facilitator
Grace & Grit Counseling
Mission, KS



Dates/Locations

June 6-7, 2026
Manhattan, KS

October 3-4, 2026
Overland Park, 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

Saturday

- 8:30 am – Arrival/Check In – drinks and snacks
- 9:00 am – Session 1: Understanding Attachment
- 11:30 am – Break for lunch
- 1:00 pm – Session 2: Communicating for Closeness
- 3:00 pm Break
- 3:30 pm– Session 3: Managing Differences
- 5:30pm Wrap Up

Sunday

- 8:30 am– Arrival/ Recap of yesterday
- 9:30 am – Session 4: Physical Connection and Intimacy
- 11:30 am – Session 5: Roles, Goals and Rituals
- 1:00 pm– Wrap Up

*Agenda Subject To Change

Details and Cost

\$750 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 workshop.
Full payment due two weeks prior to retreat start date.

To make further inquiries reach out to Katie at catherine@catherinedycktherapy.com