

COUPLES WORKSHOP

We are excited to announce a couples workshop with four opportunities to join through the summer of 2025. We will use Building a Lasting Connection™ to deepen attachment bonds and experience how to communicate and move through conflict in a more connected way.

BLC is a research based program rooted in Attachment Theory and Emotionally Focused Couples Therapy. Katie is a Certified Trainer for BLC and has over 10 years of experience working with couples.

Mondays from 6:30-8:30pm
@ Cornerstone Family Counseling
1408 Poyntz Ave, MHK

November 11, 25-December 16, 2024
February 8-March 3, 2025
April 21-May 19, 2025
July 14-August 11, 2025

Limited to 6 couples per group.

\$500 per couple total for 5 weeks.
Take home manual and
refreshments included.

For more information go to:

 catherinedycktherapy.com

 catherine@catherinedycktherapy.com

Register via Cornerstone Family Counseling 785-776-4105



BLC Website 



NOVEMBER COUPLES WORKSHOP

Our November group is perfect timing for couples who have experienced tricky holidays in the past or would like to strengthen their bonds during this busy season of life. This workshop is both practical and engaging. Invest in your relationship this winter!

The Lasting ConnectionTM 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.

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