



THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

by John M. Gottman, Ph.D. and Nan Silver

John Gottman revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years.

The Seven Principles for Making Marriage Workbook summarizes this research and guides couples on the path toward a harmonious and long-lasting relationship.

Packed with practical questionnaires and exercises, The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential. It aids couples in deepening the friendship foundation of their relationship, managing conflict successfully, honoring each other's dreams, and creating shared meaning.

The Seven Principles for Making Marriage Work has been used around the world by thousands of couples to strengthen their relationship. It has been translated into over 20 languages and is used in a wide variety of settings.

The Seven Principles Couples Program *IS* appropriate for couples:

- contemplating engagement
- for pre-marital couples
- for couples living together
- for couples who have been together or married for decades

The Seven Principles Couples Program *IS NOT* appropriate for couples:

Severe relationship distress:

- Emotional abuse
- Domestic violence

- Active addictions (alcohol, drug, sexual, gambling)
- Serious mental health problems in one or both partners

In the Couples Workshop You will learn:

- **EFFECTIVE COMMUNICATION:** Learn ways to communicate effectively and express your thoughts and feelings in a constructive and understanding manner with helping one another feel heard and validated.
- **CONFLICT RESOLUTION SKILLS:** Learn strategies to navigate conflicts, manage disagreements, and find resolutions or reach a compromise that strengthen your relationship and be a team.
- **FRIENDSHIP & INTIMACY:** Discover ways to nurture the emotional bond and foster a deep sense of friendship and intimacy that enriches your connection.
- **EMOTIONAL AWARENESS:** Create a better understanding of your own emotions and your partners, creating a foundation for empathy and effective emotional connection.
- **SHARED MEANING:** Develop skills on how to create a shared sense of purpose, values, and goals in your partnership, helping create a stronger sense of unity and teamwork.
- **BUILDING TRUST:** Increase your awareness of the importance of trust in a relationship and gain insights into actions and behaviors that contribute to building and maintaining trust.

Why do a Couples Retreat with Wellness Counseling Inc.?

Our retreats are carefully thought out, organized, facilitated and led by Arilda Surrige, MA, LMFT. Not only will you be receiving the COMPLETE 12 Hour 7 Principles for Making a Marriage Work – Workshop with materials included, but you will not have to worry about planning out travel details.

Our retreats are ALL INCLUSIVE and are intimate due to limited to only 5-10 couples. Depending on the location the retreats take place at ALL Inclusive Resorts, ALL Inclusive Private Island Resorts, or at beautiful Villas where everything is provided for you as well. Accommodations are subject to change. Final location of Accommodation are finalized 30 days before the start of the retreat.

You can expect to have a stress-free time upon arriving to the retreat destination receiving VIP Service from the moment you arrive. Beginning with Private Pick-Up Service at the Airport to be taken to your accommodations. The first night is dedicated for you to settle in, recover from a long day of travel. As the week progresses you will have a schedule which will allow for days to run smoothly. The couples workshop will be provided in the morning, that way the rest of the day will be for group excursions/tours, and you can also expect to have plenty of downtime for

one another as well, including couples massage. On the last day you will find that you feel more relaxed and connected. You will realize that this retreat was more than just a vacation/getaway because you will have felt great about the dedicated time you took for your relationship. You will be picked up to be taken to the airport for your travel home. You will be going home with valuable techniques that will continue to be applied.

If you are interested in a Private Retreat experience, we do these as well. Please contact Arilda Surridge, MA, LMFT at asurridge@wellnesscounselinginc.com to discuss and plan your personalized private couples retreat.

Are you Ready to Register?

-You have the option to pay in full \$5,500 USD (Total Per Couple)

-Or to secure your spot a \$1,000 USD Deposit is due (non-refundable) and then you can enter in monthly payment arrangement.

-Total Amount is Due by 60 days before start of retreat

Terms and Conditions:

- Cancellation Policy: 50% Refund if Canceled 60+ days before Start of Retreat, 25% Refund if Canceled 30+ days before start of Retreat, No refund if canceled 29 days or less before the retreat. If the program must be canceled on the part of Wellness Counseling Inc. for unforeseen reasons, a full refund will be issued. In this case, Wellness Counseling Inc. holds no financial responsibility for changes to airfare and other miscellaneous charges
- There are no known conflicts of interest for this training.
- Wellness Counseling Inc. has no part in the financial agreement between you, the participant, and the hotel/accomodations
- Grievances: All grievances must be in writing to admin@wellnesscounselinginc.com , and will be replied to within 5 - 10 business days.
- This venue is located outside of the United States and may not meet the United States ADA standard.
- Audio and/or visual recording of the training is prohibited