

The Gottman 7 Principles Program

Marriage Retreat

Friday-Sunday, December 7-9

The Seven Principles Workshop for couples is based on the internationally acclaimed research of Dr. John Gottman as presented in the *New York Times*-bestselling book, *The Seven Principles of Making Marriage Work*. This educational workshop is designed to help couples strengthen their relationship in a variety of ways including improving friendship and conflict management skills. This is a psycho-educational class and is not a replacement for couples' therapy.

Workshop Details

The Seven Principles Workshop includes lecture, leader role-playing, video clips and private couple exercises. Registration includes all material needed (a \$63 value); *The Seven Principles of Making Marriage Work* bestselling book, 2 couples workbooks, open-ended card deck, and Love Maps card deck.

What You Will Learn

- Improve friendship, fondness, and admiration
- Enhance romance and intimacy
- Manage conflict constructively
- Learn skills to address gridlocked and perpetual problems
- Create shared meaning
- Accept influence from their partner
- Maintain gains that will be sustainable

Who Should Attend

- Pre-engaged and pre-marital couples
- Married couples from newly married to seasoned
- Anyone wanting to enhance their relationship and needing better conflict management tools

Workshop is Not Suitable for Couples Who Are

- Experiencing severe relationship distress
- Significant emotional or physical abuse
- Serious mental health issues (either partner)
- Active addiction issues - drugs, alcohol, gambling, sexual addictions, or other disruptive behaviors

Facilitator Patricia Scott

Patricia Scott is a Gottman Seven Principles Leader and is passionate about helping people improve relationships - especially their marriage. Patricia was a public school teacher before getting her MS degree in Clinical Psychology.

She currently resides in the Appalachian Mountains of East TN with her husband of 33 years. She has a private practice specializing in Marriage and Couples Counseling and Education.

Rates

- All-inclusive rate of **\$547 per couple** covers lodging, all meals, facilitator, workbook, and materials
- **\$347 commuter rate per couple** includes all meals, facilitator, workbook, and materials.

Names of Both Participants: _____

Address: _____

City: _____ State: _____ ZIP: _____

Primary Phone: () _____ Cell Home

Email(s): _____

Confirmations are made by email. Please include an email address when possible.

Please complete entire form and mail with your check made out to VCCC to PO Box 654, Valle Crucis, NC 28691. **Non-refundable deposits** are required; full payments are appreciated. Registration form can also be found online at www.vccconferences.org/programs.

- \$100 to reserve the all-inclusive rate of \$547 (\$447 due on arrival to conference)**
- \$100 to reserve the commuter rate of \$347 per couple (\$247 due on arrival to conference)**
- Full payment of \$547 enclosed** **Full payment of \$347 enclosed**

Room/accessibility considerations: _____

Diet requests, allergies, or other needs: _____

Registration forms for programs, general information, and policies can also be found on our web site, www.vccconferences.org.

Please feel free to make photocopies of this brochure and any related materials.