



**Couples Communication Workshops (CCW)
Syllabus
12-Weeks on-Demand**

Week 1: Attachment Style and Love Language

- a. How each partner perceives the relationship
- b. Self-Assessment

Handouts

5 Myths About Relationships

7 Ways to Emotionally Connect With Your Partner

The 5 Love Languages

Week 2: Guiding Principles for a Successful Relationship

- a. Overall Relationship Satisfaction
- b. Sexuality

Handouts

7 Things Men Want in a Relationship

7 Things Women Want in a Relationship

Breaking Down Our Walls

Week 3: Creating a Healthy Relationship

- a. Partnership Appreciation

- b. Boundaries in Intimate Relationship

Handouts

Adult Feelings Chart

Characteristics of Healthy Relationships Attitudes & Behaviors

Collaborative Problem Solving

Week 4: The Purpose for Pairing

- a. We Come First
- b. Holding to it

Handouts

7 Simple Ways to Say "No"

Characteristics of a Healthy Belonging

Control Vs Boundary Statements

Week 5: Creating and Maintaining Your Couple Bubble

- a. Your Safety Zone
- b. Maintaining Your Couple Bubble

Handouts

Resolving Conflict in an Intimate Relationship

Characteristics of Healthy Relationships Attitudes & Behaviors

Making a Relationship Successful

Week 6: Working as a Team

- a. Our Brain and Survival
- b. The Ambassadors

Handouts

Build a Healthy Relationship
Collaborative Problem-Solving
Core Relationship Fears

Week 7: Stopping the Damaging Patterns

- a. The Four Horsemen
- b. Keeping Things Straight - The Hippocampus
- c. Healthy Relationships

Handouts

Creating a Healthy Relationship
How to Stop Escalation During Conflict
Myths about Relationships

Week 8: Attachment Theory

- a. Emotion Focused Therapy for Couples
- b. Fear and longing are two sides of the same coin
- c. Now the Healing Can Begin

Handouts

Healthy Relationship
Partner Qualities
Six Ways to be More Present in Your Relationship

Week 9: Securing a Healthy Intimate Relationship

- a. Setting Healthy Boundaries
- b. Understanding Attachment Injuries

Handouts

Understanding Boundaries

Boundaries

Boundaries Exercise

Week 10: Rules for Love

- a. Purpose for Coupling
- b. Fighting Well

Handouts

Rules for Love

Six Ways to be More Present in Your Relationships

Steps for Effective Relationship Repair

Week 11: Commitment and Repair

- a. When Disagreements Arise
- b. Being an Expert on Your Partner
- c. Building a Healthy Relationship

Handouts

Our Relationship

The Dance

Tips That Do More Harm Than Good

Week 12: Couples Resources

- a. Creating a New Version of the Dance

Resource Handouts

Courses for Couples

Thinking About Education to Strengthen Marriages

Using Your Relationships for Spiritual Growth

About the Facilitator

Dr. S. Judah is a clinical psychotherapist who has worked as a clinician for over 30 years. She specializes in working with couples and has helped thousands of couples find the love they hoped would return to their relationship. Her *Couples Communication and Development* manual supports clinicians who work with couples and provides materials and information to enhance intimate relationships through couples counseling. The *Couples Communication and Development* tool kit utilizes attachment theory, emotion-focused therapy (EFT), the Gottman research, and the couple's resiliency interventions to provide a comprehensive and user-friendly toolbox to help clinicians strengthen coupling relationships.

Dr. S. Judah has created a 12 week on demand Couples Communication Workshop (CCW) series to support the enhancement and healthy development of coupling relationships.

Reach out to Dr. Judah Here: stacyjudah@helmcounseling.net