

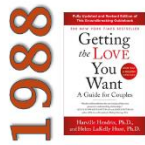
WHY COUPLES CHOOSE IMAGO RELATIONSHIP THERAPY (IRT)



Developed by Dr. Harville Hendrix
& Dr. Helen LaKelly Hunt in 1980



Number of times Harville Hendrix and
Imago Relationship Therapy were featured
on the Oprah Winfrey Show.



Getting the Love You Want (GTLYW) introduced
IRT to the world and became a NYT Best Seller.

4M Copies Sold

50 Language Translations



In the past 40 years, IRT has become a globally
adopted approach to couples' therapy.

2K Certified Therapists

53 Countries Practiced

How is Imago Relationship Therapy different from traditional couples' counseling?

Imago



Traditional



Relational Paradigm

Individual Paradigm

Client is the relationship

Clients are two individuals
in a relationship

The couple is the expert on
their own relationship

The therapist is the expert
on relationships in general

Therapist is a partner and
facilitator of a dialogue
process

Therapist is an authority
figure and arbitrator of
disputes

Imago dialogue creates
safety so couples can
explore and address
problematic patterns from
childhood that plague
their adult relationship

Therapist mediates two
individuals airing their
grievances while
attempting to resolve
conflicts and negotiating
exchange contracts

Patterns are the problem,
so couples must change
their patterns of the past

People are the problem, so
the couples must change
each other

Conflict is inevitable and a
sign of healthy mutual
growth trying to happen

Conflict is a problem that
needs to be eliminated by
negotiating compromises

When you provide your
partner with a need that
was unmet in childhood,
you stretch into a part of
yourself that had been lost

Your partner exists to meet
your needs so you must
engage in a process of give
and take while keeping a
balance sheet



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