

What Others Say About Couple Power™

"Peter and Phyllis powerfully demonstrate the synergy they experience in being related; they share it with clarity and grace."

*–Russell Childs, Past President
Unity Church, Charlottesville, VA*

"I found the workshop very exciting. It draws on the power of healthy couples learning and growing together."

*–Lee Hersch, Past President
Virginia Psychological Association*

"The workshop was arranged in an eloquent, cohesive framework – nice teamwork."

"It was informative and challenging to view the couple experience differently."

"I really like the style of the presenters – open and encouraging."

*"Wonderful! ... Great program ...
Very enjoyable workshop ...
Excellent presenters together!"*

The Workshop.....

Evening, One-Day, or Weekend Workshops

These workshops are appropriate for any couple in a committed relationship.

Workshops are available for groups of 12 couples or more at a location of your choice or they can be held in scenic Charlottesville, Virginia, at the foothills of the Blue Ridge Mountains.

Workshops will cover:

- presentation of basic principles of **Couple Power™**
- presentation of videos and real-life examples of successful couples
- demonstrations of **Couple Power™** exercises
- opportunities to practice basic techniques
- instruction in designing new rituals and traditions to create the relationship of your dreams

Also...

*Peter Sheras and Phyllis Koch-Sheras offer **Couple Power™** workshops for professionals who work with couples. Books and articles by the authors are available at workshops, bookstores, or by contacting Contemporary Books at (800) 323-4900.*

Couple Power™
211 West Main Street
Charlottesville, VA 22902

There is
more joy
possible
for you and
your partner
than you
could ever
have
imagined.

Stop and imagine that!

Couple Power™

WORKSHOPS FOR COUPLES

**Creating the Relationship
of Your Dreams**



Creating the Relationship of Your Dreams is a workshop that will help you and your partner establish and maintain a **positive, successful, and lasting** couple relationship in a changing world. The cornerstone of the **Couple Power™** approach is the power of language and speaking to create the vision of your relationship. **Couple Power™** will enable your couple to go beyond your own limits and create the **relationship of your dreams**.

There are many personal and cultural barriers to being a happy, well-functioning couple today. More and more, people are torn by the conflicting forces of independence and the desire for a lasting partnership. You may be confused by your wish to meet your own personal needs and those of your partner and family. Or you may just want to **improve your relationship and have more fun**.



Peter and Phyllis live a joyful life with their two children in Charlottesville, Va.

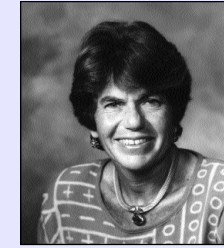
What You Will Learn

- the eight basic principles of creating your dream relationship
- “the four C’s” for achieving **Couple Power™**
- a new language for designing dreams and visions for your relationship
- rituals and practices that help create and sustain **Couple Power™** in your lives
- to understand that there is more to a good relationship than good communication skills
- to see the difference between **Couple Power™** and just “getting along”
- to set and meet goals for the future
- to stop worrying and enjoy yourselves
- to be truly satisfied with your relationship
- to get the acknowledgement from your partner you’ve always wanted
- to balance your family, career, social, and personal lives
- to form a community of couples working to support each other through coaching with other couples
- to be the couple you have always wanted to be!

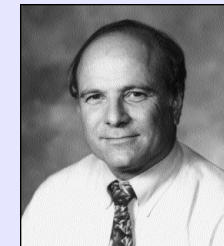
Your Couple Power™ Coaches

Peter Sheras and **Phyllis Koch-Sheras** are truly a “dream couple” themselves. They have created a relationship, with coaching from other couples, that allows them to express themselves powerfully as both individuals and as a couple, while also supporting other couples to achieve their own visions. They are clinical psychologists who have been treating couples for more than two decades, and they have been married to each other for nearly as long. Together, they have written several books and articles, including “New Frontiers in Treating Couples” in *Innovations in Clinical Practice: A Source Book* (1998), *The Dream Sharing Sourcebook* (1998), and *The Dream Sourcebook Journal* (1996).

Phyllis and Peter are co-organizers of “Couples Coaching Couples,” a nationwide movement providing mutual support to couples in their communities. They often give interviews on radio and television and in newspapers and magazines regarding relationships, including a regular segment on couples on their local radio talk show. Together, they provided the psychological commentary for “The Spiritual Homepage,” a national cable television series, and they have co-hosted the local cable television show, “**The Couple Power™** Half Hour.” Trained in couples, family, and sex therapy at the Veterans Administration Medical Center in Palo Alto, California, they now serve on the faculty of the University of Virginia.



Phyllis R. Koch-Sheras, Ph.D., is a practicing clinical psychotherapist and co-author of several books on dreams and couples, including *The Dream Sourcebook* (1995) and *Dream On: a Dream Interpretation and Exploration Guide for Women* (1983). She is founder and president of the Creative and Healing Arts Institute, a non-profit organization in Charlottesville promoting healing in the community, and past president of the Virginia Applied Psychology Academy and president of the Virginia Psychological Association. Dr. Koch-Sheras received her doctorate from the University of Texas and has worked in state hospitals, university counseling centers, and private practice. She is an adjunct faculty member in UVA’s Curry School of Education.



Peter L. Sheras, Ph.D., ABPP, is a clinical psychologist and has co-authored several publications on couples, dreamwork, brief therapy, youth violence, and adolescent development, including *Your Child and Clinical Psychology: a Social Psychological Approach* (1979). He has a Diplomate in Clinical Psychology, is a Fellow of the American Academy of Clinical Sexologists and past-president of the Virginia Psychological Association and has presented over 30 workshops in the past five years. He appears frequently as an expert in the media on topics of couples, adolescents and families. He received his doctorate from Princeton University and is an associate professor in UVA’s Curry Programs in Clinical and School Psychology.

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For More Information
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