

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.....

Half-Day, Full-Day, or Two-Day Workshops

These workshops are appropriate for professionals in the fields of psychotherapy, counseling, ministry, mediation, medicine, nursing, law, financial management, real estate, human resources, and other couple-related practices.

Workshops can be held at your own conference center or workplace, or they can be held in scenic Charlottesville, Virginia, at the foothills of the Blue Ridge Mountains.

Workshops will cover:

- demonstrations of **Couple Power™** techniques
- opportunities to practice the model
- applications of **Couple Power™** to participants' own professional practice
- training in helping couples create new rituals and practices to empower their relationship
- presentation of instructional, video, and actual client material
- opportunities to examine participants' own couple relationship

..... **Also...**

*Peter Sheras and Phyllis Koch-Sheras offer **Couple Power™** workshops for the general public. 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

What can be
accomplished
when we
approach
couples
based on
what
is possible
...not what is
wrong?

Couple Power™

WORKSHOPS FOR PROFESSIONALS

**New Frontiers in
Couples Work**



New Frontiers in Couples Work is a training workshop for professionals working to

help couples establish and maintain positive, successful, and lasting relationships in a changing world.

Couple Power™ challenges common conceptions about couples with a new paradigm based upon **envisioning and co-creating new possibilities** for couples.

This workshop enables participants to go beyond standard theories and techniques of communication to help clients develop strategies to **maintain satisfying relationships**. There are many personal and cultural barriers to being a happy, well-functioning couple today. Increasingly, professionals encounter couples who are torn by the conflicting forces of independence and the desire for a lasting partnership. Confused by the wish to meet their own needs and those of their partners and families, people are often caught in the cultural drift away from long-term couple relationships.

The **Couple Power™** model addresses not only desired outcomes but also the ongoing process of being in a relationship. Consistent with current theories of narrative and brief therapy, this approach has as its cornerstone the **power of language** and speaking to co-create a vision for the couple. Incorporating community-building and partnership, the workshop presents a mode for generating truly effective on-going relationships.

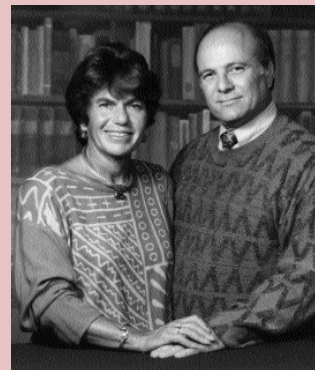
What You Will Learn

- the eight basic principles of co-creating relationships
- “the four C’s” – the basic elements for reaching new couple frontiers
- to teach couples how to set and meet goals for the future
- to understand that there is more to a good relationship than good communication skills
- to differentiate the power of co-creating couple from just “getting along”
- to help clients attain the power of “being couple” rather than just doing what they think they should do
- to alter your clients’ use of language to develop a powerful vocabulary for problem-solving
- to help couples design dreams and visions that empower their relationships
- to teach rituals and practices that help couples create and sustain **Couple Power™** in their lives
- to help clients form a community of couples working to support each other through coaching with other couples
- to enhance the quality of your own couple relationship

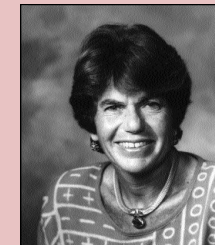
About the Presenters

Peter Sheras and **Phyllis Koch-Sheras** 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). They are co-organizers of “Couples Coaching Couples,” a nationwide movement providing mutual support to couples in their communities.

Peter and Phyllis 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

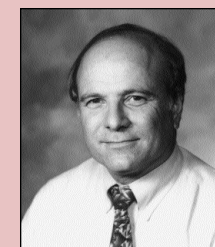


Medical Center in Palo Alto, California, they now serve on the faculty of the University of Virginia. Peter and Phyllis have two children and live in Charlottesville, Virginia.



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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