

Announcing The Gottman Seven Principles Program for Couples



Life Connections Counseling Center
4903 Van Dyke Road
Lutz, FL, 33558



Designed for:

- Newlyweds-Seniors
- Couples who wish to enhance a good marriage
- Couples needing better conflict management tools

Based on the book, *The Seven Principles for Making Marriage Work*, written by John Gottman, PhD, this program is designed for couples who want to enhance a good marriage; manage conflict constructively; enhance intimacy; improve friendship, fondness and admiration; and gain skills to address perpetual and solvable problems. The curriculum will include research-based information on marriages, discussion of this information, and private couple exercises. Participants will not share personal or marital issues in front of others. This program is not designed for couples with severe relationship distress or serious mental health problems.

Class Time:

The class will be held from 7:00 pm to 8:30 pm meeting every Tuesday evening from April 7th through May 26th, 2015. Please arrive by 6:55 pm.

Location :

Classes will be held at Life Connections Counseling Center,: 4903 Van Dyke Rd., Lutz, FL, 33558.

Cost:

The 8 week psycho-educational program is \$38.00 per class. Each couple will receive one copy of the book *The Seven Principles to Making Marriage Work* by Dr. John Gottman, PhD and two workbooks.

Registration Information:

Please contact Judy Weyand or Nonia Deaton at Life Connections Counseling Center for questions or to register at 813 265-3859 Ext 227.

Presenter: Judy Weyand, MA is on staff at Life Connections Counseling Center in Lutz, FL working with individuals, couples, and families as a Registered Marriage & Family Therapist Intern. Life Connections is a non-profit Christian Counseling Center that has been serving the needs of the community since 1993. Twenty-three years after earning a graduate degree in counseling, Judy returned to the University of South Florida to complete a specialized graduate program for certification as a Marriage and Family Therapist. Her years of working with individuals of all ages made evident that when one person in a family is suffering emotionally everyone in the family system is affected. The systemic approach to counseling recognizes the importance of working with families and couples to help facilitate change that improves relationships. Understanding how to work from personal strengths to more effectively connect and create harmonious relationships within the family system also positively impacts relationships outside of the home. Judy has experience as a counselor, personal/executive coach, and workshop leader in areas of personal growth, parenting, effective communication, and leadership development.