



Creative CoupleWork

PRESENTS

'Dancing in the Dark'

INTENSIVE GROUPWORK FOR COUPLES

NOW IN ITS 17TH YEAR!



These popular weekends present a revolutionary new way at looking at intimate relationships between men and women, and offer a unique opportunity for couples to meet together and discuss the things which really matter to them, outside the normal constraints of home and work life. Many participants have reported back to us that the experience has profoundly enriched and enhanced their lives together. The courses are the best means we know of for helping couples to deal with the difficult task of relationship, and often the introductory weekend is enough to create a difference.

The courses are open to couples who want to develop their capacity for deep relationship and grounded sexuality. Whether you have done little or lots of previous work on your relationship - individually or together - these workshops are designed to stretch you and enrich your relationship. In order to explore the particular dynamics between men and women, our couples' courses are designed for heterosexual partners in committed partnerships. Couples who are in severe crisis should contact us first for private couple therapy sessions.

WORKSHOP FORMAT

These courses have been running for more than a decade and are held over a long weekend in affordable but comfortable venues, set in beautiful countryside, so that couples are supported in doing this important work. The workshops include participant sharing, learning relationship theory, and following a story to assist the process. We recognise that participants bring powerful and private material and we therefore create an environment that is respectful and supportive while at the same time creatively challenging.



NEXT WORKSHOP DATES

London: 14 – 16 October 2011, at Tekels Park, Camberly, in the home-counties, easily accessible from London and the south. The course will be led by Helena Løvendal and Nick Duffell, originators of **CreativeCoupleWork** and founders of the **Centre for Gender Psychology**. Course fees & administration: £310pp (or early-bird discount £260 if paid before 1/9/11) plus full board and lodging £130pp.

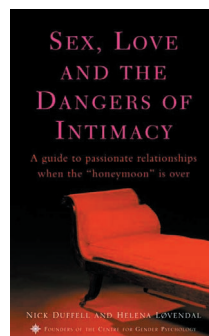
Scotland: 18-20 May 2012, Friday 3pm till Sunday 5pm at Carberry Towers, Edinburgh, with Sandra and Richard Knight. For bios see <http://www.genderpsychology.com/about.htm>. Course fees £250 plus full board & accommodation Friday 3pm till Sunday 5pm in nice rooms approx. £175pp.

APPLICATION PROCEDURE

In order to keep the relationship work intimate there are limited places, so early application is recommended. To apply by post, see over to fill in the application form. To apply online please complete the PayPal link <http://www.genderpsychology.com/coupleprogramme.htm>, or contact us on info@creativecouplework.

PUBLICATIONS

To purchase a paper copy or e-book of Helena and Nick's acclaimed book *Sex, Love & the Dangers of Intimacy* please visit the eStore at www.creativecouplework.com or go to www.genderpsychology.com See over for more on the *Dancing in the Dark* Workshops for Couples



SOME PREVIOUS PARTICIPANTS' COMMENTS

- "Your work brings clarity to the male/female issue; it should be a requirement before anyone is allowed to get a divorce!"
- "I feel like a kid with a new toy and want to put this new awareness into practice." • "Both have benefited, our relationship has changed positively." • "Unlike some courses I have done, this was generally relaxed, never boring, nor too confrontative, but very powerful." • "I feel that I gained as much from the experiences of others as I did from my own experience of being in a couple." • "The most useful thing about this course was its clarity; its originality. It wasn't threatening for people who have done nothing like it before." • "I am blown away by the shift in our relationship."

'PEOPLE THINK THAT RELATIONSHIPS ARE ABOUT HAPPINESS. BUT THEY'RE NOT. THEY'RE ABOUT TRANSFORMATION.'

JOSEPH CAMPBELL.

UNDERLYING the political, economic, and ecological issues which globally confront the human race is the constant challenge of relationship. Current physics and ancient Buddhism agree that we live in an interdependent, relational universe.

Nowhere is this challenge more confronting than in the every day lives of the men and women who wish to engage in committed relationships. Expanding choices and declining traditions of the west have put enormous stress on couples. Every day, divorce and single households become more common. Many give up the hope for a fulfilling partnership.

For we have had no training in the complex art of relationship. We were rarely told it needed work. We have lost confidence in our gender identities, and despite appearances, we retain a profound ignorance of sexuality. Our culture sentimentalises or ignore the wedding but misunderstands the potential of real marriage. Individuals frequently end up disappointed, deserted, full of blame and fear.

'All you need is love' is not enough, for when we take up the challenge we discover it demands everything

of us, far more than we ever imagined, and the steps are unknown. It is as if we are 'dancing in the dark'.

But intimate relationships are powerful matrices. Brought to consciousness, they become mirrors which reveal our hidden places, our fear-based behaviour, in which we clearly see ourselves - perhaps for the first time. They shake and shape our identities as men and women, and demand that each of us surrender who we thought we were, that we let go of something we thought we wanted. This always feels like a death, and we are often afraid to go further.

Meanwhile, however, there is another process at work. The Relationship seems to have its own life. It has become a Third Being, a creature with its own will, which if listened to and carefully nurtured, has the potential to become a guide in the darkness. It can show us the way towards a healing we never imagined possible. If we have the courage and compassion for the task we can find ourselves renewed. If we are prepared to learn its arts we may find the joy which is our birthright.

Dancing in the Dark residential couple workshops are aimed at those who have a hunch that the dance is worth it.

WORKSHOP APPLICATION FORM

All information is confidential.

To apply for **DANCING IN THE DARK** each partner should fill in a copy of this form, completing all sections, then print and sign it and post it, along with your deposit cheque for £100 GBP per person (please make cheques payable to **The Centre for Gender Psychology**), to **Creative CoupleWork, attn. Lyn Jones, 257 St Andrews Road, Bridport, Dorset DT6 3DU, UK**. If you prefer to pay by direct transfer or by internet bank, or form outside the Sterling zone please request account information. For PayPal payments please use the online facility at **www.genderpsychology.com/couples** for which there is a small administration charge. If you prefer to apply by email, copies of the form can be found on the website, or you may contact us at info@genderpsychology.com.

Course date:

Name:

Address:

e-mail:

tel:

Age:

Gender:

Occupation:

Current marital status & children (including from previous relationships):

Do you have the support of a counsellor or psychotherapist, and if applicable, current therapist's name?

For insurance purposes, please include details of psychiatric history, if any, and if on medication or under treatment, GP's name and telephone number.

For residential workshops only, in case of an emergency, please give contact details of next of kin:

Additional questions – continue on separate sheet.

- Why at this point in your life do you want to do this workshop?
- Do you have any previous experiences of therapeutic/ personal-development group-work?
- Include a brief account of the dynamics of your relationship, for example:

Do you tend to row, or settle for 'a quiet life'? Is one partner more interested in working on the relationship than the other? Are there any activities/ habits which consume energy that might otherwise be available for the relationship, e.g.. workaholism, alcoholism, drugs, dependent relatives, etc.? Why at this point in your life do you want to do this workshop?

Booking conditions

The organisers reserve the right to not admit applicants to courses, to cancel or postpone courses if necessary, in which case full refunds will be made. Deposits are requested to reserve places and cover administration costs, and are transferable but non-refundable. Full payment must be made 4 weeks before workshop start date.

Agreement

I hereby agree that I wish to participate on this course as a self-responsible adult. This means I agree to respect the confidentiality of the group, not to use the experience for any journalistic endeavour, and not to assert the organisers' or staff's liability for any condition arising during or subsequent to the workshop, neither by self, family or legal representative.

Signature and date: