

Sponsored by the Parent's Association of Pope John XXIII School

# *Couple Coherence:*

Enhancing & Replenishing Intimate Relationships

*Michael J. Banks, Ph.D.*

March 03 - 24, 2010

**Decrease the Impact of Stress on Your Relationship**

Although they start out with love, hopes, and dreams, many relationships end in divorce. All couples have to face challenges. All relationships have ups & downs. Some couples even live parallel lives that rarely touch. However, researchers have now identified **success patterns** that **enable couples to** have relationships that not only **succeed** but also **thrive and flourish**.

**Transform Painful Interactions into Loving Ones**

**The good news is that these patterns are not fixed. They can be learned.** Actually, brain research shows that we can all learn to enhance these patterns. In fact, **couples** that have learned these patterns **end up having long-term satisfying relationships**. However, rather than trying to learn these patterns by trial & error, you can greatly increase the quality of your intimate relationship with systematic training and coaching.

**Increase Your Positive Interactions with Your Partner**

During this 4-evening course, you will learn:

**Enhance the Quality of the Time You Spend Together**

1. **Strategies** for changing mind-body states, which will enable you to move out of stress and negativity and into resourcefulness and creativity.
2. **Approaches** to understanding and influencing, which will aid you in being more effective in dealing with your partner.
3. **Methods** to enhance and enrich your emotional bond, which will help you to improve the quality of your relationship.

**Improve Your Effectiveness in Dealing with Conflicts**

**All relationships can be strengthened and made more fulfilling.** This program offers you an opportunity to enhance and replenish yours.

*Michael J. Banks, Ph.D.* is a clinical psychologist, health & life coach, trainer and consultant. His approach is informed by a number of therapeutic models (Cognitive-Behavior Therapy (CBT), Emotion Focused Therapy (EFT), Ericksonian Hypnotherapy, Health Psychology, Integrative Medicine, Neuro-Linguistic Programming (NLP), and Solution-Oriented Brief Therapy) as well as research on neuroscience, social and emotional intelligence. He is known for his warmth, his sense of humor, and the clarity & depth of his presentations. He has designed numerous programs that have aided people in improving their health, enhancing their lives and turning their dreams into reality. He is also happily married and the proud father of two delightful sons (both students at Pope John XXIII).

**Dates:** Wednesdays, March 03, 10, 17, 24, 2010

**Time:** 7:00 PM to 8:30 PM

**Place:** Pope John XXIII School Cafeteria  
1120 Washington,  
Evanston, IL 60202

**RSVP:** To reserve your place for this highly rated **free seminar**, contact Pope John XXIII School at **(847) 475-5678**. **To get additional information** about this training seminar, you can call **(773) 262-2794**, email [MJBndunltd@aol.com](mailto:MJBndunltd@aol.com), or visit [www.BoundariesUnlimitedHLC.com](http://www.BoundariesUnlimitedHLC.com).