



THE CENTER FOR OPTIMAL LIVING

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BUILDING THE RELATIONSHIP YOU WANT: 4-WEEK GROUP FOR COUPLES

Gayna Havens, PhD

SCHEDULE

**4 Weeks • Thursdays, 7:45-9:15 pm •
\$100 per couple per week**

• Session 1 •

Introduction to a basic communication skill— how to explore similarities before discussing differences. This makes it more likely that what you say will be appreciated or considered rather than criticized or discounted. This skill is a tool which can consistently de-escalate emotional subjects and promote respect, and will be used throughout all four sessions.

• Session 2 •

We will explore how substances have impacted your relationship, and how to build goals for moving forward. Your relationship can be a powerful resource for creating and supporting these goals. Every perspective is valuable, so the group will continue to practice communication skills that help develop the ideas you offer, rather than discount them.

• Session 3 •

The group will explore how you can see yourself as both an “individual” and as a “member of a couple.” When you learn how to shift fluidly between these perspectives, your ability to appreciate each other and develop mutual goals multiplies. Since both vantage points are important, we will take a look at when one perspective might be preferable to the other.

• Session 4 •

We will discuss your experience of the group. The goal will be to consolidate what you have learned, explore feedback about the work, and identify future goals. This will help motivate you to consistently apply what was learned.

FOCUS

This group is appropriate for any committed couples relationship where substance use is one factor in their difficulties.


The focus of this experience is to help couples communicate in a way that moves every discussion forward, so shared goals can be developed and met. Exploring issues in a therapy group leads to discoveries that could not be achieved otherwise. Couples will gain insight from working with and listening to other couples with similar concerns. These discussions will help couples understand how their relationship is a joint creation and see what is moving them toward or away from their shared goals.

Both members of the couple will speak with Dr. Havens by phone to assess their appropriateness for the group and discuss their questions and concerns.

Based on members’ interest and needs, this may evolve into a regular, ongoing group.

OUR MISSION

The Center for Optimal Living provides innovative, personalized treatment, based on Integrative Harm Reduction Psychotherapy, for individuals and families with substance use issues, other risky or addictive behaviors, and a wide range of mental health issues. Recognizing the complexity and multiple meanings of these issues, we promote healing and positive change through the principles of compassion, collaboration and empowerment.

 For more information and to register, please contact Dr. Havens at
(212) 327-0517 or gaynahavens@rcn.com