



Regulate, Communicate, Repair

Couples Intensive for Betrayal Trauma

A three-day experiential intensive designed to help couples slow cycles of triggers, overwhelm, defensiveness, withdrawal, and disconnection, and develop new ways of responding to one another.



Couples will learn how to:



Recognize and manage nervous system activation using the Window of Tolerance



Identify triggers and communicate emotions and needs beneath them



Stay more present during difficult conversations



Practice healthier boundaries and assertive communication



Develop grounding and regulation skills to reduce escalation and shutdown



Creating healthy co-regulation



Facilitators

- Manya Howie, MA, LPC, CSAT
- Yael Sonenthal, MA, LPC, CPTT-Candidate
- Darius Collins, MA, LCPC, ASAT, APTT, DAIP Trained



Sundays October 11, October 18 & October 25th



9:30am - 3pm CDT



In person | Lincolnwood, IL office



Kosher lunch and snacks provided each day



Group intentionally kept small and space is limited



Cost: \$3,000 per couple



This is a self-pay workshop and is not billable to insurance.



Early bird registration by September 4th: \$2,700



Contact info@willowclinical.com

to register or for more information