

Why is an Experiential Retreat Unique?

The experiential approach has the basic belief that for strong relationships, couples need to meet each other in a genuine manner with intention to promote the deepening of each partner’s intimate experience in the relationship. This retreat will guide couples toward achieving an empathically attuned relationship, a caring bond between partners, in the moment experiencing that is appropriately healthy and healing, and increasing the capacity for reflective awareness (not automatic responding). This allows for personal growth to occur for each partner and growth in the deepening relationship.

 Dr. Butch Losey was a tenured professor for 12 years in the award-winning Xavier University’s Department of Counseling and is Owner of Waybridge Counseling Services based in Cincinnati Ohio. He works with couples around infidelity recovery, high conflict and intimacy. He was trained using Milan Systemic Couples Therapy and the Satir Growth Model and uses these approaches with couples in his practice and with his supervisees.

 Dr. Losey published *Creating an Effective Couples Therapy Practice* (Routledge, 2017) to discusses the gap between efficacy outcomes and clinical effectiveness and defines specific interventions that can increase effectiveness in therapy. His latest book *Managing the Aftermath of Infidelity: A Sequential Guide for Therapists and Couples* helps couples and therapists manage the turbulent experience of recovering from infidelity. The book can be an excellent companion to couples therapy.

**Learn Skills, Heal the Past,**

**Set the Future**

**Experiential**

**Couples Retreat**



**Experience authentic intimacy and healing**

Dave Brewer MA LPCC has over 30 years of experience as a counselor, mediator and trainer. His focus is with individuals, couples and families seeking wholeness and wellness especially through times of transition. Dave is an experienced professional trainer and has presented workshops across the country. His work includes the design and implementation of dynamic training programs for professionals and members of families experiencing stress and change. Dave’s education includes degrees in psychology, community counseling, and business administration. He has had the opportunity to interact with families as counselor, mediator, child and family therapist, and group parent for abused and neglected teens. Dave contributed to the development of a group intervention model, The Boys and Girls Group About Divorce that has received national acclaim. He has been interviewed on TV and radio for his expertise in helping families cope with change. Dave is a former president of the Greater Cincinnati Counseling Association.

Enhance your Intimacy

* Assess your intimacy
* Understand how increasing sensual experience creates better sex
* Learn how to recreate your sexual relationship through sensual process
* Identify strategies for strengthening the “intimacy system”

Methods for Approaching Difficult Topics

* Entry strategies, micro-corrections and meeting Needs

The Importance of Goal Setting and Vision of the Future

* Goal setting and creating action
* Identifying barriers to change
* Renewing commitment

Ongoing Assessment of the Relationship with Temperature Readings

* Understanding intentionality for change
* Regular assessment of change in the relationship
* Using current chaos to leverage change

Foundational Strengths in the Relationship

* “The Way We Were”
* “Love Letters”

Creating Intimacy by Understanding the Past

* The “Story of Me” and the “Story of Us”
* Experience a guided imagery that spotlights childhood experiences
* Learn how the past influences the present
* Understand longings in the relationship

The Conflict Between Us is the Conflict Within Me

* Discover unconscious relationship agendas
* Course correct problematic behaviors

Principles of Healthy and Healing Dialogue

* Learn how to listen with intent
* Learn how to anchor in dialogue to create intimate conversations every time
* Learn the process of healing presence, which can create attachment and bonding through getting needs met

Scottsdale Arizona

Thursday, Friday, Saturday, Sunday

April 27, 28, 29, 30, 2023

Hilton Garden Inn Old Town, Scottsdale

***experience your partner in health and healing***

COURSE CONTENT AREAS

Register Now at waybridgecounseling.com

Experiential

Couples Retreat

**Waybridge Counseling Services**

4030 Mt. Carmel Tobasco Road

Suite 102

Cincinnati, Ohio 45255

Dave Brewer, LPCC-S

Systemic Couples Counselor,

Parent Coach

Dr. Butch Losey, LPCC-S

Author of the books:

*Creating an Effective Couples Therapy Practice*

 *and*

*Managing the Aftermath of Infidelity*



**Schedule at a Glance**

**Thursday Evening**

7:00pm

Welcome Dinner at the Hilton Garden Inn

**Friday**

9:00 -12:00 Session

12:00 Lunch

1:30-4:30 Session

5:30 Desert Botanical Garden

7:00 Dinner

**Saturday**

9:00 -12:00 Session

12:00 Lunch

1:30-4:30 Session

5:00 Sunset walk at Camelback Mountain

7:00 Dinner

**Sunday**

9:00am Farwell and Breakfast

Most clinicians seek guidelines and indicators as to the effectiveness of their interventions with clients. Some may even be implementing evidence-based interventions and seek an in-depth understanding of their results. This book helps clinicians who provide couple’s or marriage therapy and counseling go from the ambiguous realm of "thinking" or "knowing" their effectiveness to being able to demonstrate it. It identifies effective strategies for common treatment concerns that connect to the successful outcomes of therapy. Here, the process starts even before the couple enters therapy and goes beyond the final session. Dr. Losey discusses specific outcome measures and how they can be used in session so that the couple can assess their relationship and develop specific goals and interventions for treatment. The author also examines session notes, pre-treatment change, and developing quality post-treatment goals in his discussion of clinical effectiveness.

OBJECTIVES

1. Experience your partner authentically, utilizing healthy communication.
2. Experience your partner as they work to heal hurt in the relationship.
3. Learn several strategies to create intimate, non-defensive dialogue.
4. Learn communication skills that drive intimacy and limit defensiveness.
5. Identify targets for healing in your relationship and learn how to work toward healing these past ruptures in a compassionate way.
6. Understand the unconscious agendas that are operating in your relationship, how they are negatively influencing each of you by creating barriers to attachment, and how to make small course corrections to redirect connection.
7. Experience guided imagery as a couple that will help you understand each other’s childhood from a different perspective and how your survival strategies of the past are driving your longings in the relationship. In the process, understand you own internal critic and how it can create barriers in your relationship.
8. Learn all the dimension of intimacy, know your strengths and weaknesses, and strategies for strengthening intimacy.
9. Learn a process for strengthening the sexual and sensual relationship.
10. Experience an activity called “The Couple of the Future” and set the actions necessary to be that couple.

Managing in the Aftermath of Infidelity is organized to speak directly to the betraying partner, the betrayed partner, and the therapist independently, offering valuable insights on how each role can assist in making recovery successful. Early chapters direct couples on how to limit potential damage from the fall out of discovery, and subsequent chapters help the couple repair and rebuild a new post-affair relationship. The strategies within this book can be used by the couple alone or as a companion to working with a therapist.

**WAYBRIDGE COUNSELING**

**EXPRESS REGISTRATION**

**REGISTER AT:**

[**WAYBRIDGECOUNSELING**](http://waybridgecounseling.com/).COM

**REGISTRATION FEE**

**$1900.00 Per Couple**

* A $1000 non-refundable deposit is required to hold your spot.
* Pay as you can.
* The balance will be due by April 14, 2023.
* Price includes the retreat program, three breakfasts vouchers, three dinner vouchers, and entrance fees to the Desert Botanical Gardens.

The presenters will be available on Sunday for private 2-hours sessions for couples that would like to do additional work or receive guidance with implementing their goals. If interested, please plan your flight and hotel stay accordingly. Available at an additional fee.

**FLIGHTS**

\*Flights are not covered in the fee.

* Fly into Sky Harbor Phoenix Airport
* It a 20-minute drive to Scottdale
* Rental car companies are numerous at the airport

**HOTEL RECOMENDATIONS**

\*Hotel accommodations are not covered in the fee. We recommend:

Hilton Garden Inn Old Town Scottsdale

7324 E Indian School Rd

Scottsdale, AZ 8525

(480) 481-0400

Hotel Bixby Scottsdale

409 N Scottsdale Rd

Scottsdale, AZ 85257

(480) 949-5115

Sleep Inn Scottsdale

16630 N Scottsdale Rd

Scottsdale, AZ 85254

(480) 998-9211

**PURCHASE BOOKS ON AMAZON:**

[Creating an Effective Couples Therapy Practice](https://www.amazon.com/Creating-Effective-Couples-Therapy-Practice/dp/1138780340)

[Managing the Aftermath of Infidelity](https://www.amazon.com/Managing-Aftermath-Infidelity-Butch-Losey/dp/1138317780/ref%3Dsr_1_1?crid=V7U66YF52R8P&keywords=MANAGING+THE+AFTERMATH+OF+INFIDELITY&qid=1655995337&s=books&sprefix=managing+the+aftermath+of+infidelity%2Cstripbooks%2C93&sr=1-1)

**NEED MORE INFORMATION?**

Dr. Butch Losey

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