



Mindfulness for Couples

A course to help couples manage stress and improve their relationship

- ◆ Is over-reactivity spoiling your relationship with your loved one?
- ◆ Do you want to better manage stress and stressful situations?
- ◆ Would you like more skills to prevent and handle conflicts?

The right skills to handle stress is crucial to maintaining good relationships. [Mindfulness for Couples](#) teaches [Mindfulness](#) and other skills to manage stress and difficult situations.

Mindfulness for Couples

[Mindfulness for Couples](#) is ideal for couples experiencing conflicts, communication problems and stress. Some stress is good as it motivates us to action and we get things done. But too much stress or the wrong kind of stress damages relationships.

Too much stress is unhealthy and can lead to physical illnesses and thinking disorders. Conditions, like addictions, anxiety, depression and phobias are stress-based. They wreck health and relationships. Mindfulness practice is a drug-free way to overcome them.

Delivery

[Mindfulness for Couples](#) is delivered in eight or more weekly sessions. You explore your problems and discuss and implement solutions. You set goals and determine your success indicators. Your unique situation is taken into account so that you gain the most benefit. You give feedback at each session and discuss how things went for that week.

You learn Mindfulness practices and skills like assertiveness, communication, and managing difficult situations and people. You are asked to practice Mindfulness skills for 30 minutes each day and carry out activities between sessions. You receive 2 CDs or access to on-line recordings, and comprehensive notes to aid your progress. Your success is determined by your own efforts and input.

[Mindfulness for Couples](#) is suitable for couples whose relationship is damaged by stress, misunderstandings, poor communication and over-reactivity. Sustained practice after your course is completed will help you to maintain the benefits you gain from the course.

If you want to improve your relationship and better understand and relate to your loved one, get in touch with us below for your appointment or for more information.

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