



# An Introduction

Northwest Seminars & Consulting, Inc.

The new Love Cycles Program includes three parts. Part One is taught over a weekend, while Part Three is a five-day intensive, making both of these segments accessible to people from out of town. Part Two is more convenient for those who live locally, but I also work via Skype with couples who live at a distance. Although we recommend taking the classes in order, they can also be taught out of sequence for your convenience.

This workshop is appropriate for couples in any stage of relationship, as well as for anyone interested in learning about life's most challenging and joyful journey--the path of love.

The class and curriculum are based on the work of many notable teachers, psychologists, poets and writers in helping us create a new roadmap for intimate relationships. Among other pioneering approaches, I will draw on Dr. Lori Gordon's hallmark PAIRS program, Dr. Harville Hendrix's groundbreaking IMAGO therapy, John Gottman's Art and Science of Love, Helen Palmer's Narrative Tradition of the Enneagram, Dr. Sue Johnson's Emotionally Focused approach, Dr. Patricia Love's Hot Monogamy Program, and Linda Carroll's new book, Love Cycles: The Five Essential Stages of Lasting Love, published by New World Library in 2015.

The Love Cycles Program includes three parts:

At our Introductory Weekend, you will learn the basic theory of intimate relationships, discover practical tools to enhance communication, learn the skills of wholehearted loving, and become familiar with a new language about relationships, helping you to manage troubles in healthy ways.

Part 2, "Deepening," is a 8-10 week class in which add more tools to your Relationship Tool Kit, and explore the patterns (and power struggles) we learned in our families that influence our relationship today. You will also receive lots of new information about research-based techniques in communication, view videos and TED talks that feature masters in the field of relationships, and explore the essential teachings about love developed by the major wisdom traditions, including the practices of mindfulness and generosity.

Part 3, "From Conflict to Real Connection," is a five-day Love Cycles intensive that includes the five steps to intimacy, keeping your relationship sexually passionate, and the art of healthy attachment. You will have an opportunity to learn from two marvelous new teachers, Dale Rhodes and Dr. Ann Ladd. Rhodes, who will teach a day on understanding couple personality types, while Dr. Ladd will introduce you to her work on "loosening the loops," giving each of you a chance to practice untangling.

The program is a journey we will take together that will teach you the wisdom and practical skills to create a long-lasting and deeply satisfying relationship. It is an educational experience that will provide you with new, evidence-based ways to enhance your relationship. You will learn gentle and practical ways to navigate the sometimes delightful, often painful and potentially deeply rewarding path of being in a relationship with another human being. Although the program focuses on the dynamics between intimate partners, this work will help you improve and deepen all of your relationships. We begin all of our relationships with great hopes and dreams. The distance between the cultural messages about "happiness and perfection" and the reality of keeping love

alive over the long haul can create a lot of distress. Each of us deserves fulfillment in all of our love relationships, yet few of us have the necessary skills and knowledge to achieve this end.

The beginning of an intimate relationship is automatic: we fall madly in love, and then soon become frustrated with the same person. Amid the everyday minutiae of sharing a life with another imperfect human being, we all find ourselves falling into painful patterns and tricky dynamics over issues of conflict and feeling appreciated. These ruptures are inevitable. Trouble happens; it is a part of life. What we can take charge of is learning both the art of avoiding the major potholes and the skills of repair, which strengthen trust and build goodwill.

When we hit the trouble spots--as we do in each imperfect and human relationship--we have choices that generations before us did not have. We have research and methods that point us toward healthy relating. We can learn to navigate this next part of our relationship with skill and compassion.

Each of the three modules of the Love Cycles Program is an essential part of this process.

The path to loving with a whole heart is not easy or quick. It takes practice, courage, and a lot of willingness, best described by the poet Rainer Maria Rilke in *From Letters to a Young Poet*:

“For one human being to love another human being: that is perhaps the most difficult task that has been entrusted to us, the ultimate task, the final test and proof, the work for which all other work is merely preparation.”

