

ROUTES To Relationships

Therapy and skills to get where you want to be.

Custom Family Workshop Series- Sample Itinerary

Workshop #3

Arrival and orientation	Greet your clinician and supporting staff.
Check-In	Review the hopes and intentions set in the session prior and how home life and relationships have been since Workshop #2.
Family Roles	Participate in an experiential activity to explore family roles- reflect on how you have developed them, whether they feel effective, and ways to shift them.
Snack and break	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Communication tools	Check in about how your assertive communication is going. Learn more tools such as a Feedback Tool and an Accountability Tool.
Lunch	Food and drinks provided. Preferences and dietary restrictions are accommodated.
“Relationship Killers”	Learn about Gottman’s 4 Horsemen and how they destroy your relationships. Reflect on your own use of the horsemen and learn the antidotes.
Closing exercise	Review learnings and takeaways from the day. Set hopes and intentions for homelife that will be built upon in your next workshop.