



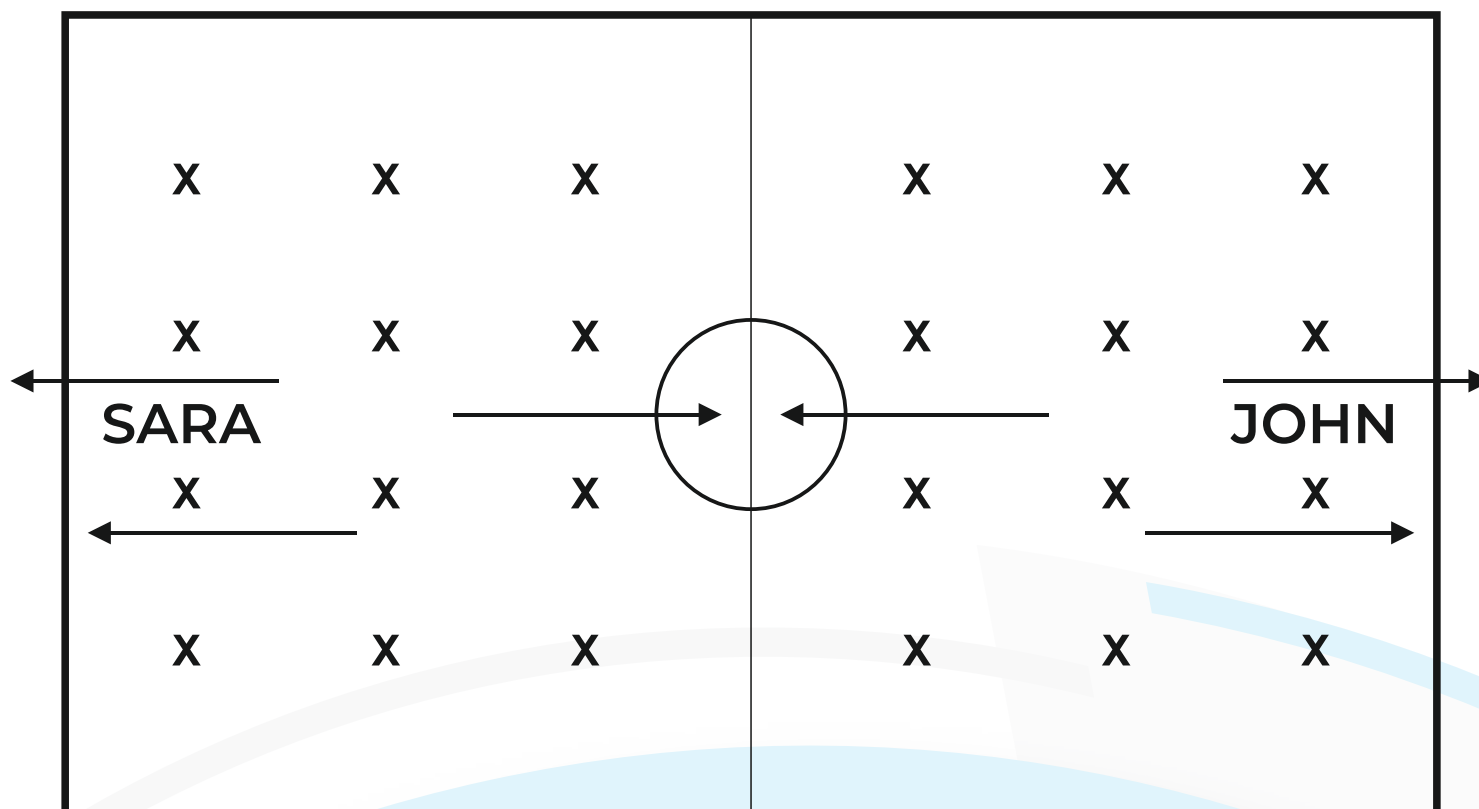
COUPLES PROGRAM

MALMÖ, SWEDEN 5 – 6 APRIL 2025



X = needs

When the individual need is expressed,
the individuals meet = **connection**



When the individual need is suppressed,
the individual feels stuck or removed
from the relationship = **disconnection**

True connection is about being seen, heard, and understood. Connection is why we're here; it is what gives purpose and meaning to our lives.

– Brené Brown

COUPLES PROGRAM



The couples' program is carefully created to address the common challenges that couples often encounter in their relationships, particularly around communication. Over the years, I have listened deeply to numerous couples who sought therapy due to their struggles to see, hear, and understand one another. Many of these couples faced difficulties in articulating their feelings and needs, which led to frustration and disconnection. Recognizing these recurring themes, I felt compelled to create a UNIQUE opportunity—a program that encompasses every essential element needed for couples to reconnect and thrive.

This program is not merely about treatment; it's about education and empowerment. It provides couples with the necessary tools and insights to foster growth in their relationship, equipping them to continue meeting each other's needs long after the program ends. The program serves as a comprehensive HOW-TO guide, teaching couples how to effectively meet each other halfway and maintain a balanced, fulfilling relationship.

The primary goal of this program is to create the ideal circumstances for both partners to express their needs and desires openly. We focus on working with couples in a holistic manner, addressing the underlying issues that may hinder their connection. Through guided activities and discussions, couples will explore their unique dynamics, facilitating a deeper understanding of one another.

Participants can expect to relax, connect, and have fun together in a supportive and inspiring environment. Every detail of the program has been carefully considered to ensure a seamless experience. From the serene setting to the thoughtfully designed activities, we aim to provide a structure that promotes healing and intimacy.

Moreover, the program encourages couples to engage in reflective practices that deepen their emotional bonds. We incorporate interactive workshops, personal reflection time, and guided conversations that allow couples to delve into their relationship history and future aspirations. By fostering an atmosphere of safety and openness, couples can begin to unravel misunderstandings and build a stronger foundation for their partnership.

In summary, this couple's program is designed to be transformative. It not only addresses immediate concerns but also invests in the long-term health of the relationship. By the end of the program, couples will leave with practical skills and a renewed sense of connection, ready to navigate the complexities of their relationship with confidence and compassion. This program is an investment in love, understanding, and the shared journey of partnership.

STRUCTURE OF THE COUPLES PROGRAM



Program Overview:

The primary aim of this couples program is to enhance emotional connection, facilitate open communication, and encourage joy in the relationship. Each couple will undergo a comprehensive assessment prior to the program's commencement. Based on this assessment, a customized plan will be developed, ensuring that the program addresses the specific needs and dynamics of each relationship.

Therapeutic Components:

The program incorporates a blend of various therapeutic modalities, including:

- **Couples Therapy:** Participants will engage in guided sessions that focus on understanding relationship patterns, improving communication, and addressing any underlying issues.
- **Group Therapy:** Couples will share experiences and insights in a supportive group setting, providing a sense of community and shared understanding.
- **Breathwork:** This practice will help couples connect with their bodies and emotions, promoting relaxation and mindfulness.
- **Yoga:** Tailored yoga sessions will encourage physical connection and enhance emotional bonding through shared movement and breath.

Engaging Exercises:

Throughout the two days, couples will participate in a variety of exercises designed to deepen their connection, including:

- **Grounding Exercises:** These will help couples establish a sense of presence and connection to the moment, fostering a calm environment for deeper interactions.
- **Mirroring Exercises:** This activity encourages partners to reflect each other's feelings and actions, enhancing empathy and understanding.
- **Connecting Exercises:** Through guided activities, couples will learn to listen actively and express their thoughts and feelings openly.
- **Playfulness Exercises:** Engaging in fun and light-hearted activities will remind couples of the joy in their relationship and help to break down barriers.
- **Intimacy Exercises:** These exercises aim to foster emotional and physical closeness, allowing couples to explore their relationship on a deeper level.

STRUCTURE OF THE COUPLES PROGRAM



Practical Tools and Follow-Up:

One of the key aspects of this program is the emphasis on practical application. Couples will leave with tangible tools and strategies that they can integrate into their daily lives. Additionally, a personalized follow-up plan will be created, ensuring that the work done during the program continues and evolves as their relationship grows.

Conclusion:

This immersive couples program in Malmö is not just about addressing challenges; it's about celebrating the love and partnership that couples share. By combining structured therapy, engaging exercises, and practical tools, participants will embark on a journey of discovery, connection, and joy. Whether you're looking to deepen your bond, navigate challenges, or simply enjoy quality time together, this program promises a supportive and enriching experience.

We invite you to join us in Malmö for this transformative journey—your relationship deserves it!

Schedule:

- **Saturday:**
 - **Session 1: 11:00 - 14:00**
 - **Session 2: 15:00 - 18:00**
- **Sunday:**
 - **Session 3: 11:00 - 14:00**
 - **Session 4: 15:00 - 18:00**

Pricing:

- **Price for Two Full Days (per couple): 600 €**
- **Price per Session (if not attending all sessions): 250 €**

HOW TO CONNECT?



We were born with an innate need to connect. Think of an infant. There is no infant without a mother. In other words, the infant needs the mother to connect to its own needs. The truth is that we never stop needing that connection to the other. We just learn to repress the need once it's not met.

This need doesn't dissipate as we grow; rather, it transforms and often becomes repressed when our emotional needs go unmet. The resulting emotional deprivation can leave us feeling starved for authentic connection and fulfilment in our lives.

As we mature, we learn to survive without fully addressing these unmet emotional needs. This survival instinct, while adaptive, often leads to a deep-seated hunger for connection and love that remains unquenched. Within each of us resides an inner child, one that yearns for recognition, validation, and affection. When these needs are not acknowledged or satisfied, we resort to basic functioning—completing daily tasks and responsibilities—while harbouring a profound longing for something more meaningful.

In our relationships, both romantic and otherwise, there exists an "invisible middle ground." This concept refers to the unspoken expectations that we hold for our partners to meet our emotional needs. These expectations are often rooted in our early experiences and the relationships we had with our primary caregivers. Each individual carries with them a set of beliefs and truths about relationships that are shaped by their upbringing. These internalized truths often manifest in our adult relationships, where we project our unmet needs and past experiences onto our partners. This process can lead to reactivation of earlier attachment dynamics, particularly when triggered by reminders of past feelings or behaviours.

As a couple's therapist, my role is to help partners identify and understand the imbalances that exist within their relationship. This involves a careful assessment of how each person relates to the other and what individual needs remain unfulfilled. Key questions arise: How does the couple interact? What unique needs does each partner possess? Which needs are being consistently neglected? By engaging in this exploration, I can begin to uncover the underlying causes of disconnection that may be present.

Recognizing and articulating unmet needs is crucial. When one partner can voice their needs, it opens the door for the other to respond and potentially meet those needs. Achieving this state of mutual understanding allows couples to find themselves in the middle ground—an equilibrium where both individuals feel valued and connected. However, this process is often far from straightforward.

HOW TO CONNECT?



Many couples may struggle with the desire to meet each other's needs, but various barriers can impede this effort. Sometimes, partners may be unaware of their own emotional states or may unintentionally dismiss their partner's needs. Emotional dysregulation—whether due to stress, anxiety, or past trauma—can further complicate matters, making it difficult for individuals to tune into the emotional needs of their partner. Past beliefs and experiences can also create walls that prevent intimacy and vulnerability, leading to further disconnection.

To truly meet the needs of a partner, one must first engage with their own emotional landscape. If an individual struggles with vulnerability, it will be challenging for them to nurture and support the vulnerability of their partner. Similarly, if someone resists connecting with their emotions, this disconnection will inevitably extend to their relationship, creating a cycle of emotional distance.

The journey toward emotional fulfillment and connection is not merely about addressing the needs of a partner; it begins with a commitment to understanding and meeting one's own needs. This self-awareness and introspection pave the way for healthier, more fulfilling relationships. As individuals embark on this path, they must ask themselves: Are you ready to confront your own needs so that you can be present and attuned to the needs of your partner? The willingness to do this work can ultimately transform not just individual lives, but the dynamics of relationships themselves, fostering deeper connections and a greater sense of peace.



