

SCT® Systems-Centered Workshops for Couples and Curious Individuals

Building Positive Energy
in Your Intimate Relationships

With Peter Bernhardt & Lotte Paans

Amsterdam 2018

May 25, 26, 27

Nov. 30, Dec. 1,2

We can easily be drawn into unpleasant and emotionally painful interaction patterns in our intimate relationships. Over time, our relationships can lose their ability to access positive energy and pleasure, attunement, warmth and functional conflict resolution. Working from a systems perspective allows us to engage the positive forces in relationships by tapping into system dynamics and active system building. Come and learn something that will energize your relationships with those closest to you.

- Learn skills you can take directly into your most important relationships
- Learn patterns of communication that lead toward increased satisfaction and happiness
- Learn about the phases of development and the dynamics that hijack couples into negative interaction
- Learn to work differences and conflict more successfully

Both workshops are open to couples and individuals wanting to apply systems thinking and methods to their most intimate relationships. They will be conducted in English with immediate translation if needed.

Fee per workshop	Times	Questions/registration please contact:
€ 330,= per person, <i>ex 21% VAT</i> <i>Early bird fee spring wks; payment before April 20</i> <i>Early bird fee fall wks; payment before October 20</i>	Friday 18.30-22.00 Saturday 9.30-18.00 Sunday 9.30-17.00	Lotte Paans lottepaans@xs4all.nl + 31 (0)6 44 63 85 85
€ 355,= per person, <i>ex 21% VAT</i> <i>Spring wks: payment after March April 20</i> <i>Fall wks: payment after October 20</i>		

Related websites:

www.lottepaans.nl

www.peterbernhardt.com

www.sct-nl.nl

www.systemscentered.com

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