

HIGHway TO THE HEART

UNLEASHING THE
POTENTIAL OF
YOUR MARRIAGE
RELATIONSHIP

PATTI HATTON, MA, LPC
WITH DAVID HATTON

*Learn how to build marriage
relationships that stand the test of
time and bring glory to God.*



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4-Session Marriage Enrichment Group Developing Knowledge and Skills

John Gottman, a psychological researcher and clinician, whose extensive work over four decades was on divorce prediction and marital stability, concluded that couples do not necessarily divorce because they fall out of love, they divorce because they never **learned** the skills needed to resolve conflict.

If you were invited to play in a semi-professional soccer match, yet you did not know the rules of the game, how would you respond? Likely, you would decline, rather than try to participate without an understanding of the game, or having developed the skills to play. However, with regard to marriage, most of us begin without the necessary skills for effective communication and conflict resolution. We typically do not already know how to connect with a spouse on a heart level.

We invite you to join our marriage enrichment group. We will have four sessions, and teach the skills of

- Reflective Listening
- Understanding the Seven Desires of Every Heart
- Conflict Resolution
- Creating Mutual Expectations

There is tremendous value in learning together, and in completing couple exercises that practice newly learned skills. This is not a therapy group, it is a growth and enrichment group where you will learn tools to use for healthy communication and conflict resolution. Teaching metaphors will be used to increase the vocabulary necessary for "coupling".

Group sizes vary between 4 and 6 couples. We will meet a total of 4 times. Three times using Zoom conferencing and 1 time in person or Zoom. Time: 7:30 to 9 pm. Weeknight, TBD. Cost: \$400 per couple, which includes an e-copy of HTH book and workbook.

**Class is facilitated by Patti Hatton, MA, LPC
And David Hatton
Please contact Patti at**

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