

Chapel to sponsor relationship-building event for couples

By Public Affairs Staff 16 August 2018



The Army War College Memorial Chapel invites you to an educational and experiential event, Connecting Conversations, that presents the most empirically supported marriage model, Emotionally Focused Therapy (EFT).

Would you like to have the best tools and understanding to grow and safeguard your relationship? The Army War College Memorial Chapel invites you to an educational and experiential event, Connecting Conversations, that presents the most empirically supported marriage model, Emotionally Focused Therapy (EFT). Pioneered by Dr. Sue Johnson, research studies have found that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements through the use of EFT.

This event is aimed at Army War College Students and their spouse. This is a Senior Leader Care event based on Emotionally Focused Therapy (EFT) and attachment concepts Army leaders and their spouses. Through a combination of lecture, videotape, and exercises, participants will learn the basic concepts of EFT and Attachment Theory, their strategic relevancy to successful senior military couple relationships. Whether the relationship is healthy or in crisis, the couple will grow in safe communication and closeness. There is no group discussion / sharing. All discussion exercises will be with spouse only.

Course Date and Time

6 p.m. - Friday, Sep 14 - 12 p.m - Sunday, Sep 16

Location is Tentative but will be within 1 1/2 hours away.

For additional information, contact: Chaplain (COL) Jerry Sieg at 717-245-3318 or email,

jerry.c.sieg.mil@mail.mil

Register online at:

<https://strongbonds-prod.jointservicesupport.org/eventregistration/cbf7fddabc08-95c9-b968-11e89b012a91>

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