

Chapel offering seminar to help strengthen, provide tools for couples

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Would you like to have the best tools and understanding available to grow and safeguard the relationship with your spouse? Then an upcoming seminar is just for you.

The Army War College Chapel is sponsoring an upcoming seminar for servicemembers and their spouse entitled “Connecting Conversations,” that will take place Nov. 17-18 at the Hilton Hotel in Harrisburg.

Aimed at Army War College students in seminar 1-15, but open to all, the free seminar is an interactive event that will enable couple to have key conversations to strengthen their relationship, according to Sgt. 1st Class Van Davis, Installation Senior Religious Affairs NCO. The seminar will allow each couple will have a chance to practice these conversations with coaching and mentoring provided by the facilitator.

This is a Senior Leader Care event based on Emotionally Focused Therapy (EFT) and attachment concepts for 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.

Childcare for children under 12 will be provided and the seminar is not faith specific. The seminar begins at 6 p.m. Friday, Nov. 17 and ends at 3 p.m. on Sat. Nov. 18. Meals are provided as part of the seminar.

The seminar is limited to 30 couples. For more information or to register call Chap. (Col.) Jerry Sieg at (717)245-3318.