



MAIT

MID ATLANTIC ASSOCIATION
FOR IMAGO RELATIONSHIP THERAPISTS

Friday, Apr 13, 2018

9:00am-5:00pm
Sign-in and coffee at
8:30am

Location:

McLean Baptist Church
1367 Chain Bridge Rd
McLean VA 22101

COST:

Members - \$175 until
Apr 3 (\$210 on or after
Apr 4)

Non-Members - \$225
until Apr 3 (\$260 on or
after Apr 4)

Please contact MAIT at
301-526-3018 for
special pricing for grad
students and Imago
trainees

**Optional buffet lunch
at 7 Spice (Cafe Taj)
- \$19 may be added
with registration**

**Pre-Registration
Required**

Register on-line at
www.imagoma.org

DYSREGULATED DANCING: When Only One Partner is on the Dance Floor

Presented by: Maya Kollman, MA



Whenever one person is willing and the other isn't, it is because of an unconscious deal that the two have made. In this course, Maya Kollman will explore how to unearth entrenched patterns in order to help couples get unstuck. In this workshop we will explore how to create the marriage of the 21st century, a marriage of true equality and Partnership. To do that, we must discover the intergenerational patterns that are continuing to go on in the relationship, patterns that are completely unconscious to the couple. These are patterns that keep them in a one up, one down cycle that often creates two people who are enemies rather than allies. The struggle for power is often fueled by one person who is terrified of being disappointed and one person who is terrified of disappointing the other. Unless this and other unconscious drivers are unearthed, the successes in the office will only last as long as the office door.

To unearth these patterns, talking isn't enough. The therapist must also recognize the energetic locks, the frozen images, the unspoken fears and the deep longing in the couple. After all, if our survival directive is to be connected, why do we get in the way of our own survival? The answer of course is misplaced and old fear. The therapist must be able to externalize the pattern so the couple can experience it as an outside force, and understand that the pattern is the problem, not the partner. Then they can work together as allies to dissolve the old pattern and create a new one.

In this training, Maya will utilize video clips, live presentations, and exercises to practice. She will also teach mindfulness and certain body poses from yoga to help each individual in the couple grow their container to sit with their feelings. When their container is larger they are able to sit with their emotions and communicate them using vulnerable language rather than react to them causing damage to themselves, their partner and the relationship.

Contact:

Sharon Nalley
MAIT
PO Box 7762
Wilmington NC
28406

301-526-3018

admin@imagoma.org

At the conclusion of this program, participants will be able to:

- recognize relationship patterns and describe them to your couples.
- observe demonstrations of unearthing relationship patterns.
- utilize mindfulness to dissolve the frozen images each person has projected on their partner.
- practice certain yoga postures to help regulate reactivity.
- recognize what is underneath reactivity and discover vulnerability.
- practice in triads the processes taught in the course.

Maya Kollman, MA is a gifted therapist, a passionate and down-to-earth workshop presenter, and a powerful and dynamic clinical instructor of mental health professionals. She is warm, funny, knowledgeable, and intuitive, which makes for learning that appeals to all styles. In all her work, Maya is a master of creating a safe environment for everyone to look honestly at themselves and others and learn how to take their own next steps in healing and growth. Maya is one of only five certified Master Trainers in Imago Relationship Therapy, developed by Harville Hendrix, PhD. Maya is a former Professor at Rutgers University and currently maintains a private practice in New Jersey. She is widely sought worldwide for training, supervision, and lectures.

To Register: go to MAIT website at www.imagoma.org, click on register now for the January 26, 2018 event and complete the registration on line. You'll find instructions for paying by credit card or by check.

Cancellations: Until March 30th – full refund less 20% processing fee; **NO REFUNDS will be issued for cancellations after March 30th.**

Confirmation/Receipt: Will be emailed to all registered participants approximately one week prior to the workshop date. Confirmations will include a link to obtain directions to the workshop location.

Continuing Education Credit: Those who attend the workshop and complete the evaluation forms will receive **six and one half (6.5)** continuing education credits provided by NASW-MD. CE Credit is granted to participants with documented attendance at individual workshops and completed evaluation forms for those sessions. Attendance is monitored. Credit will not be granted to registrants who are more than 15 minutes late, are absent for more than 15 minutes, or depart more than 15 minutes early from a session. Credit will not be granted to registrants who do not submit a completed evaluation form at the end of the session. It is the responsibility of registrants to comply with these requirements.

For information on the
MAIT Education Assistance Program,
contact Sharon Nalley
at
admin@imagoma.org