

THE COUPLES ADVENTURERS GROUP

A Twelve week program for couples who want to breathe new life into their relationship

Presented by: Todd Creager, LCSW; LMFT

Developing a healthy, vital relationship with your mate can be the most rewarding endeavor you undertake. As you may be figuring out, it is also one of the most difficult and challenging. It often requires receiving feedback, so that you can obtain a deeper clarity of what is and is not working in your relationship. It always requires taking steps into the “unknown,” that place where you can open to giving and receiving more love. Couples groups may be the number one best way to have these two experiences.

Advantages of groups

- 1) Despite differences, you will find many similarities in the underlying issues with which all couples grapple. This can be both comforting – “so, we are not the only ones” -- and motivating as couples help each other.
- 2) You can get greater clarity by watching others who are mirroring some of your own feelings, wishes and conflicts.
- 3) A synergistic effect usually happens where there is accelerated progress towards your relationship goals.
- 4) Even as we deal with challenging issues, it is fun!

What you can look forward to by attending this group

- 1) Enjoy your own higher self esteem as you learn how to deal with negative feelings more constructively.
- 2) Experience the satisfaction of feeling more connected to your partner.
- 3) Learn how to have more fun with and without your partner.
- 4) Learn how to use your relationship as a vehicle for emotional growth and personal development.
- 5) Enjoy feeling more loved, lovable and loving.

Todd Creager, LCSW; LMFT is a couples specialist who can help you *breathe new life* into your relationship. He has lead couples groups for over ten years. He succeeds with couples, because he does much more than teach couple skills. He helps you see what keeps you stuck, and then works with both partners to *experience greater capacity to give and receive love*. His work is healing and will touch you deeply.

Contact the Todd Creager Center directly to schedule an appointment, 714-848-2288.