

DATES
TBA

TIME
TBA

LOCATION
TBA

DUKE PROFESSIONAL AND PERSONAL
DEVELOPMENT PROGRAM
919-286-1244

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DUKE PROFESSIONAL AND PERSONAL
DEVELOPMENT PROGRAM

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DUKE UNIVERSITY HEALTH SYSTEM
Division of Occupational and Environmental Medicine
Department of Community and Family Medicine

*DUKE PROFESSIONAL AND PERSONAL
DEVELOPMENT PROGRAM*

MAKING IT LAST:

*ESSENTIAL KEYS FOR
ENHANCING YOUR
RELATIONSHIP*



Division of Occupational and Environmental Medicine
Department of Community and Family Medicine

RELATIONSHIPS IN DISTRESS:

We are living in complex times! The challenges of daily life often seem to leave no time for rest, much less relationship enhancement. Partners can become so lost in the demands of work, raising children, and the details of running a home that they collapse at the end of the day without having any quality time with their partner. Over time, this neglect can create deep frustrations, loneliness, and conflicts expressed as heated arguments, angry words and lack of intimacy. This seminar focuses on helping you change these patterns and rediscovering the person you love.

DID YOU KNOW:

- Mismanaged conflict predicts both couple distress and negative effects for children.
- Many relationships are stable but unhappy.
- Emotional safety is critical to having great communication.
- All couples will have problems. It's how you handle them that counts most for your future.



*"Give a couple a fish and you feed them for one day. Teach a couple to fish and you feed them for a lifetime."
Chinese Proverb (modified)*

Enhancing Your Relationship Seminar will help couples:

- Learn about the five levels of intimate communication
- Spot and avoid danger zones in your relationship
- Practice effective strategies for reducing conflict and developing mutual understanding
- Explore obvious and hidden issues that interfere with open, honest dialogue
- Discover new ways to nurture friendship, joy, and intimacy in your relationship
- Take time now to build a lasting future

*"Often the difference between a successful marriage [or relationship] and a mediocre one consists of leaving about three or four things a day unsaid."
Harlan Miller*



About the Presenter:

Judith Holder-Cooper, Ph.D. is the director of Duke Professional and Personal Development Program and Duke Occupational Mental Health Programs. Dr. Holder-Cooper is a faculty member with the departments of Psychiatry/Behavioral Sciences and Community and Family Medicine at Duke University Medical Center. She is a seasoned psychologist with specialized training in couples' dynamics and in the Prevention and Relationship Enhancement Program (PREP™) which is a skills based, educational approach to enhancing marital and relationship success. Since 1985, she has enjoyed working creatively and collaboratively with couples and marriages to enhance their communication style, emotional intimacy, problem-solving skills and interactions.



Participants' Comments:

- ❖ *"I am going away from this seminar with hope and excitement for a better way to improve my relationship with my husband."*
- ❖ *"These tools you have provided will definitely be a part of our lives from now on."*
- ❖ *"The instructors were extremely knowledgeable and engaging. I was very impressed! And grateful."*
- ❖ *"Good sequence, good balance of presentation, order, exercises. Good balance of concepts and specific skills."*
- ❖ *Judith was very good. Clear, insightful, enthusiastic, helpful."*