



**Mike Fidler, MSW RSW**



## Background

Mike has 30 years of experience counselling individuals, couples, and families. Throughout his clinical practice, Mike has addressed a wide range of personal and relationship issues, including counselling couples who have enduring conflicts, have grown distant, or are suffering through difficult times.

Mike's certification by Drs. John and Julie Gottman (co-founders of the Gottman institute) and his training in Emotionally Focused Couples Therapy make him well-suited to provide a positive, welcoming, and research-based approach to working with couples.



## The Art & Science of Love

This weekend workshop is designed to strengthen your relationship through engaging presentations and experiential activities. This workshop will provide tools for strong relationships and a road map for distressed relationships.

Day one focuses on building friendship and connection, while Day 2 focuses on making conflict positive and making sustaining relationships.

**Time:** 8:30am – 5pm

**Date:** October 26-27, 2019

### Contact Us

**Phone:** 1-800-848-5632

**Email:**  
positiverelationship2@gmail.com

**Web:** coupleworkshops.ca

**Location:** 1558 Charlotteville Rd 8,  
Norfolk County, ON N3Y 4K5

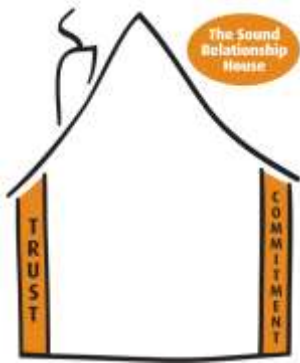
# The Art & Science of Love

*Mike Fidler, MSW RSW*  
*Certified Gottman Therapist*  
*Certified Gottman Couples Workshop*  
*Leader*

## What will you learn?

### The Gottman Method

Based on 3,000 couples in 35 years of work, the Gottman Method is a couple's therapy approach which integrates assessment, research-based practice, and the Sound Relationship House theory.



### Workshop Topics

- Recognize the "Four Horsemen" and their antidotes
- Learn how physiological flooding affects conflict and how to calm
- Use fondness and admiration to enrich your message of love
- Create an Emotional Bank Account
- Develop multiple skills for positive conflict
- Learn how to build connection into your relationship



## Who should attend?

The Art & Science of Love is designed for couples in committed relationships who want to enhance or repair their relationship.

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*"I appreciated learning a 'language' in which to understand our challenges."*

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Mike injects humour and fosters a welcoming, friendly, and relaxing atmosphere. Couples learn together and privately engage in exercises that teach skills and promote a positive relationship.

### For more information, visit:

[www.gottman.com](http://www.gottman.com)

[www.coupleworkshops.ca](http://www.coupleworkshops.ca)

[www.positiverelationship.ca](http://www.positiverelationship.ca)

**Relationship change starts almost immediately when couples begin to do what successful couples do.**

## Sign up

### Registration Fee (Please check one.)

**Early Registration:** \$775 per couple

\*ends September 15<sup>th</sup>, 2019

**Standard Registration:** \$825 per couple

\*special discounts are available to Mental Health Professionals. Please call prior to registration.

Date: \_\_\_\_\_

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

Physically Challenged? How can we accommodate you?

**Refund Policy:** Refund (minus \$50 administration fee) is available if cancellation notice is received 10 days before the date of the workshop. After this date, credit will be given to a future workshop

### Payment Options: (Please Check One)

Cheque to: Positive Relationship Inc.

E-transfer to: pfidler29@gmail.com