



## Imago workshop for couples 2 – 3 October 2021 in Stockholm

*"The best we've done. In two days we achieved what we had been fighting for the last 8 years." /Steen*

**Svenska Imagoföreningen wholeheartedly invite you and your partner to an Imago weekend workshop with John and Pia Hjarsø Mortensen from Denmark. It is a pleasure to have them both come to Sweden. Down below you can read how they describe the course and the benefits you can get from participating.**

In the workshop you will learn to manage the "Imago dialogue", which is a structure that helps to make sure both partners are heard in a safe way, with respect for their differences.

The effect of the workshop corresponds to at least half a year of couples therapy (10 to 12 sessions). The workshop will even add something extra; perhaps because you will work in a focused way for 2 days and also because Pia (my partner) and I working together, can better clarify and express some of the typical challenges most couples will recognize. It is a very popular, safe and joyful weekend, where all of your private issues will only be shared between you and your partner.

For many couples the workshop can provide exactly the push they need. Some couples continue with a follow up session to stabilize the safety and love they rediscovered during the workshop. This can be done in Sweden with either an Imago relationship therapist in training or an already Certified Imago relationship therapist.

You will also learn:

- What governs how we choose partners (and why we never fall in love with the wrong one).
- The stages of the relationship and what it takes to reach the final stage where love becomes the mainstay and the adventure returns. In reality, we do not need to learn this. We just need to know how to remove a few obstacles.
- What happens when we get stuck in challenging patterns and how to get free of them. Some knowledge of how the brain works can help here.
- How to work with what can sometimes be experienced as irreconcilable differences.
- How to restore security and trust in each other.
- Contact and intimacy are a rhythm. How to extend the tolerance for both intense and less intense contact.
- And much much more...



The idea of the workshop (and also with Imago therapy) is to reach a place where you can conduct an Imago dialogue as soon as possible without the support of a therapist.

Important to know is that in the workshop you won't share anything about your own relationship with the other participants. The only people who tell stories from their own couple's lives are my partner Pia and I. We give examples from our everyday lives that most people can recognize. When you as a couple have to practice and talk to each other, you will have your own room where the door can be closed.

It will be a fun, touching and educational weekend. See below for information about price, payment, when and where. I will be speaking English. You can speak Swedish and all the process work will be in Swedish.

We look forward to seeing you Saturday, October 2nd at 9:15.

Best regards  
Pia and John

### **How do you register?**

Send your registration to: [anna-eva@nextstopyou.se](mailto:anna-eva@nextstopyou.se) . She will send a confirmation back to you with all the details. If you have any questions, you can call her on 0708 -27 67 53. You can also turn to Annika Sibling whose phone number is 070 – 5927575.

### **Cost and payment**

9 500 SEK (for the two of you). If you pay through a company, VAT (25%) will be added. You pay to Svenska Imagoföreningen, Postgiro: 208859-9. OBS! Your names need to be on the paymentsheet so we can see who paid. You can read more about imago relationship therapy in Sweden at [www.imagoforeningen.se](http://www.imagoforeningen.se) .

### **Where will the workshop take place?**

The workshop will take place at Mötesrum at Luntmakargatan in Stockholm. Closest underground station is Rådmanngatan. You will get more information in the confirmation letter. In brief, we start on the Saturday at 09.15 and end at 18.00. On Sunday we start at 09.15 and end at 17.45.

### **Inspiring testimonials from participants**

"I would like to take this opportunity to say from the heart THANK YOU for an absolutely fantastic, insightful, educational and inspiring weekend that was so much worth the trip and the money. I rediscovered feelings and a mood between us that has been "disappeared" for over 10 years. Thank you for sharing with us and for sharing with you in a safe and caring atmosphere. You get the very warmest recommendations from here."  
/ Sandra

"Thank you so much for an amazing, inspiring, educational and wonderful weekend workshop. You are super nice to be with and I enjoyed that you are both professionally sound and experienced while using yourself and your own history in teaching. Thanks for that, it gave a great opportunity to understand the things that were presented and gave fine opportunity to mirror themselves in your stories. Such a weekend should be something every couple got the opportunity to go to. Wish we had known about this many years ago." / Inger

"Big thanks for an inspiring, rewarding and well executed couples' weekend. In particular, I have learned that it is wonderful and definitely worth the journey to make an effort to constantly try to become a better partner through openness and curiosity for new learning for the benefit of both my partner and I." / Line

