

☑ **TRANSFORMING MARITAL CONFLICTS INTO GROWTH:
FOR YOU AND YOUR MARRIAGE**

Encountering conflicts within a marriage is inevitable because of the differences that attract us to one another and the multiple challenges presented to couples in this 21st century. These differences and challenges do not have to divide and estrange us. Needed is a perspective from which to appreciate the differences and challenges, to discover how they can strengthen couple relationships, and how to use these opportunities to enhance communication with each other.

This presentation will outline a theory about why differences are necessary for healthy marriages and suggest a few ways to enhance dealing with these differences.

In seminar and workshop occasions, the presentation will focus on **(a)** an identification of the five traditional ways to deal with conflicts, **(b)** an identification of the traits that create alienating behaviors, **(c)** an identification of the core issues underneath alienating behaviors, along with growth possibilities for dealing with them, and **(d)** a review of the written **Twenty-one Principles and Rules for Healthy Living With Others**.

Time flexibility: 20 minutes to 3 hours.
Request: Overhead projector, where available.
Handouts will be provided.

Interested persons should contact Chaplain Roy B. Nash by any of the following options:

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* This seminar/workshop is available from **Roy B. Nash, M. Div., LMFT, LCPC**, a Marriage and Family Therapist and certified Pastoral Psychotherapist, serving in a United Methodist endorsed Chaplaincy and Counseling Ministry called **Belief-focused Care & Healing**.