



Family Life
Resource Center
COUNSELING FOR HOPE, HEALTH AND HEALING

UPCOMING
EVENTS

Recovery of Hope

Program with EFT focus!

We are pleased to announce that Family Life Resource Center and Horizons Counseling and Consultation are teaming up to offer the Recovery of Hope Marital intensive Program utilizing Emotion Focused Therapy (EFT). Mark Sensabaugh, LPC, LMFT from FLRC and Kristy Koser, MA, Resident in Counseling from Horizons have been trained in EFT and have found the process to be quite effective with distressed couples. For more information on EFT visit www.eft.ca.



the time to unravel the painful interactions between them.

The woundedness that comes from fighting, withdrawing or avoiding, having an affair, or general distrust often creates a desperate feeling and it appears as if the relationship is hopeless. The intensive marital program is ideal for couples who are feeling "stuck" in a negative pattern of relating or who are going through significant struggles in their marriage. The three day program consists of 12 hours of EFT marital therapy and one session of individual therapy for each partner. The intensive takes place in a supportive environment and with trained therapists for couples to take

Total cost to enroll is \$2100 for the entire three days which includes 14 therapy hours and an administrative fee. In many communities couples therapy can cost from \$120 to \$200 per hour and does not include the highly effective EFT approach. Intensives are usually scheduled on a Thurs-Saturday arrangement. If lodging is required, we can provide you with information on local resources.

If you are interested in an intensive for yourself or would like to refer a couple please call Family Life Resource Center at 540-434-8450 to schedule and specify that you are calling regarding the Recovery of Hope marital intensives. If you have other questions about EFT work or the intensive approach, you are welcome to call either Mark Sensabaugh at 540-434-8450 or Kristy Koser at 540-209-1676.

We hope this will be a helpful and beneficial resource for you and your congregation.



www.flrc.org



www.horizonscenterva.com