



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

presents

## ***‘Dancing in the Dark’***

**an intensive residential workshop for couples**

**Sunday 5 - Tuesday 7 October 2014**

**Royal Scots Club, Abercromby Place, Edinburgh**

This popular residential workshop presents a revolutionary new way of looking at intimate relationships between men and women and offers a unique opportunity for couples to meet together and discuss the things which really matter to them outside the normal constraints of home and work life. Many participants have reported back to us that the experience has profoundly enriched and enhanced their lives together. This and other follow-up courses offered by the Centre for Gender Psychology are the best means we know of helping couples to deal with the difficult task of relationships and often this introductory weekend is enough to create a difference.

This residential intensive **facilitated by Sandra and Richard Knight** is open to couples who want to develop their capacity for a deeper relationship. Whether you have done little or lots of previous work on your relationship - individually or together - this workshop is designed to stretch you and enrich your relationship. In order to explore the particular dynamics between men and women, this course is designed for heterosexual partners in committed relationships. Couples who are in severe crisis should contact us for private couple therapy sessions.

### **Workshop format**

This course has been running for 16 years and is held over 3 days in comfortable venues. Whilst previously set in beautiful countryside in support of couples doing this important work, on this occasion we have decided to book a more central venue for ease of travel arrangements. The workshops include participant sharing, learning relationship theory, and following a story to assist the process. We recognise that participants bring powerful and private material and we therefore create an environment that is respectful and supportive, whilst at the same time creatively challenging.

**Cost:** *Course fee and administration £250 per person*  
*Full board & en suite accommodation Sunday to Tuesday - £250 per person*  
*(Workshop begins at 3pm on Sunday afternoon and ends at 5pm on Tuesday)*

### **SOME PREVIOUS PARTICIPANTS' COMMENTS**

- *“Your work brings clarity to the male/female issue; it should be a requirement before anyone is allowed to get a divorce!”*
- *“I feel like a kid with a new toy and want to put this new awareness into practice.”*
- *“Both have benefited, our relationship has changed positively.”*
- *“Unlike some courses I have done, this was generally relaxed, never boring, nor too confrontative, but very powerful.”*
- *“I feel that I gained as much from the experiences of others as I did from my own experience of being in a couple.”*
- *“The most useful thing about this course was its clarity; its originality. It wasn't threatening for people who have done nothing like it before.”*
- *“I am blown away by the shift in our relationship.”*



## Facilitators

**Sandra Knight** is an experienced psychotherapist, supervisor and trainer working in private practice. Sandra qualified as a relationship psychotherapist with the Centre for Gender Psychology where she is now a supervisor and couples work facilitator. Her special interests are relationship work and boarding school survivors.

**Richard Knight** is a qualified relationship coach and staff member of the Centre for Gender Psychology. He also runs his own Leadership and Organization Development Consultancy working with a range of public, private and Government organizations in the UK and internationally.

Sandra and Richard work together with couples in private practice in Edinburgh and can be contacted on 0131 552 2582 or [sanknight@sky.com](mailto:sanknight@sky.com) should you wish to discuss this workshop or couples counselling.

## More about Dancing in the Dark Workshops

Underlying the political, economic and ecological issues which globally confront the human race is the constant challenge of relationship. Current physics and ancient Buddhism agree that we live in an interdependent, relational universe. Nowhere is this challenge more confronting than in the every day lives of the men and women who wish to engage in committed relationships. Expanding choices and declining traditions of the west have put enormous stress on couples. Every day divorce and single households become more common. Many give up hope for a fulfilling partnership.

We have had no training in the complex art of relationship and were rarely told it needed work. We have lost confidence in our gender identities, and despite appearances, we retain a profound ignorance of sexuality. Our culture sentimentalizes or ignores the wedding, but misunderstands the potential of real marriage. Individuals frequently end up disappointed, deserted, full of blame and fear. 'All you need is love' is not enough, for when we take up the challenge we discover it demands everything of us, far more than we ever imagined, and the steps are unknown. It's as if we are 'dancing in the dark'.

Meanwhile however there is another process at work. The Relationship seems to have its own life. It has become a Third Being, a creature with its own will, which if listened to and carefully nurtured has the potential to become a guide in the darkness. It can show us the way towards a healing we never imagined possible. If we have the courage and compassion for the task we can find ourselves renewed. If we are prepared to learn its arts we may find the joy which is our birthright.

*Dancing in the Dark* residential couple workshops are aimed at those who have a hunch that the dance is worth it.

If you are interested in participating in this couples intensive please complete and return the attached application form. Course information can also be downloaded from the website:

[www.genderpsychology.com/couples](http://www.genderpsychology.com/couples)

## About the Centre for Gender Psychology

The originators of Creative CoupleWork and the founders of the Centre for Gender Psychology, Nick Duffell and Helena Løvendal-Duffell, have written an acclaimed book *Sex, Love & the Dangers of Intimacy*. For further information on other courses and to purchase a copy of the book please visit the **eStore** at [www.creativecouplework.cm](http://www.creativecouplework.cm) or go to [www.genderpsychology.com](http://www.genderpsychology.com)



# Creative CoupleWork



'PEOPLE THINK THAT RELATIONSHIPS ARE ABOUT HAPPINESS. BUT THEY'RE NOT. THEY'RE ABOUT TRANSFORMATION.'

JOSEPH CAMPBELL.

## WORKSHOP APPLICATION FORM

All information is confidential.

To apply for DANCING IN THE DARK each partner should fill in a copy of this form, completing all sections. Please write answers to more detailed questions on a separate page. Send your completed forms by email to [info@genderpsychology.com](mailto:info@genderpsychology.com), and a printed, signed and dated copy to: **Lyn Jones, 257 St Andrews Road, Bridport, Dorset DT6 3DU.**

We will process your application on receipt of your deposit of £100 *per person*. This may be sent:

- by BACS to The Centre for Gender Psychology, account no : 43432001; sort code: 165710
- by cheque, payable to The Centre for Gender Psychology, to the Dorset address
- by PayPal via online facility at [www.genderpsychology.com/couples](http://www.genderpsychology.com/couples), but please add 5% handling charge.

Course date: 5-7 October 2014, Edinburgh

Name: Address:

email: Tel:

Age: Gender: Occupation:

Current marital status & children (including from previous relationships):

Do you have the support of a counsellor or psychotherapist, and if applicable, current therapist's name?:

For insurance purposes, please include details of psychiatric history, if any, and if on medication or under treatment, GP's name and telephone number.

For residential workshops only, in case of an emergency, please give contact details of your next of kin:

**Motivation and background.** Please answer fully on a separate sheet:

- Why at this point in your life do you want to do this workshop?
- Do you have any previous experiences of therapeutic/personal development group work?
- Include a brief account of the dynamics of your relationship, for example: Do you tend to row, or settle for 'a quiet life'? Is one partner more interested in working on the relationship than the other? Are there any activities/habits which consume energy that might otherwise be available for the relationship, e.g.: workaholism, alcoholism, drugs, dependent relatives, etc?

### Booking conditions

The organizers reserve the right to not admit applicants to courses, to cancel or postpone courses if necessary, in which case full refunds will be made. Deposits are requested to reserve places and cover administration costs, and are transferrable but not refundable. **Full payment must be made 6 weeks before workshop start date.**

### Agreement

I hereby agree that I wish to participate on this course as a self-responsible adult. This means I agree to respect the confidentiality of the group not to use the experience for any journalistic endeavour, and not to assert the organizers' or staff's liability for any condition arising during or subsequent to the workshop, neither by self, family or legal representative. I agree to attend the whole of the course.

Signature and date: .....