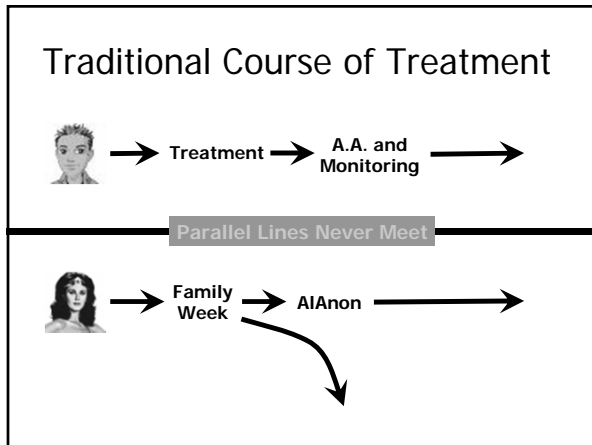
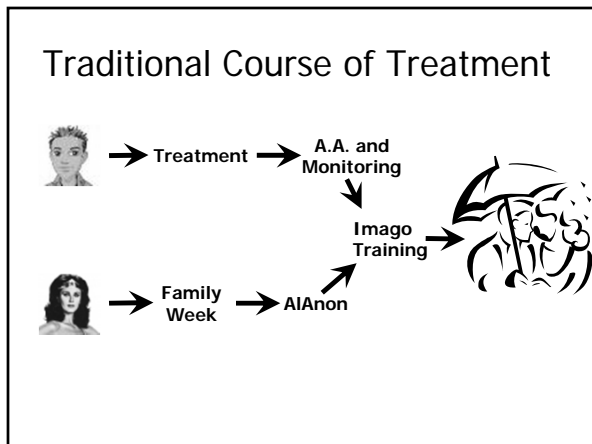


Recover your Relationship
the Imago Way

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Not to replace but to add...

- A.A. and AIAnon saves lives.
- The A.A. / AIAnon process was designed for a male alcoholic and his female spouse. Over 60% of all marriages fail if the identified addict is a female.
- Couples suffer and need to repair failed communication and broken emotional trust.

Principles of Imago Theory

- All things in nature have an impulse towards healing and wholeness.
- We were wounded in relationship; it is through relationship that we must heal.
- The unconscious purpose of adult intimate relationships is to finish childhood so we can reach our fullest potential and regain our natural energetic pulsation.

What is Imago Relationship Therapy?

- Imago Relationship Therapy is a therapy based upon the belief that the role of the unconscious, in partner selection is to complete childhood tasks and heal wounds.
- We select partners who match our Imago, i.e. who have the best and the worst traits of the people who have been most significant to us and evoke in us similar feelings.

What is Imago Relationship Therapy?

- Initially we see only the positives. We are blind to the negative traits or find them attractive, endearing or easily changed.
- The Romantic Stage gives us a taste of the fullest potential of the self, the other and the relationship.
- The Power Struggle follows when both partners attempt to meet their unfulfilled needs from childhood by their partner.
 - Which, once again, resembles the worst traits of our caregivers.

What is Imago Relationship Therapy

- Because our selected partner shares the same limitations as one's caretaker, inevitably our unmet needs are re-activated and frustrations re-experienced.
- To get out of the pain of the Power Struggle many of us end the relationship or turn to other people and activities (e.g. lovers, children, work) to try to get our unfulfilled needs met.

What is Imago Relationship Therapy?

- The conflict of the Power Struggle is an indication that growth is trying to happen. This stage is inevitable and is not meant to last.
- All power struggles provide an opportunity for growth struggles.
- Something inside of us is ready for growth and awareness. To do this we must take the unconscious into the conscious.
- Power struggles provide an opportunity to make conscious the unconscious conflicts that have occurred.
- We need to learn the skills to change the power struggle into a growth struggle.

Imago Therapy provides the opportunity

- To cooperate with the goal of our unconscious by creating a conscious committed relationship in which each person intentionally meets the other's unmet childhood needs.
- Imago Relationship Therapy provides tools to help us achieve this goal.

A conscious relationship exists when we:

- Accept the reality that our partner/family member is not us.
- Promote our partner/family members separate reality and potential.
- Make our relationships a sacred and safe place by removing all negativity.
- Always honor the boundaries of our partner/family member.
- Practice the Imago Intentional Dialogue until it becomes second nature and we can interact spontaneously.

Intentional Dialogue

- Intentional dialogue is used when
 - You want to be listened to and understood
 - You are upset about something and want to discuss it.
 - You want to discuss a topic that you think might be 'touchy'

Imago Dialogue

Demonstration

- Remember the acronym, **M.O.V.E.**
- **M**irror
- **O**ver and over
- **V**alidate
- **E**mpathy

BREAK

We will return in 15
minutes.

Imago Dialogue

Demonstration

1. What were you feeling in your body when you were experiencing the dialogue?
2. What did you observe, and what came up for you?

The Appreciation Dialogue

- The purpose of this dialogue is:
 - To let your partner/family member know you see them and appreciate the things about the way s/he looks, his/her personality or specific behaviors s/he has done.
 - To help you to remember and stay connected to what you love and cherish about your partner/family member.
 - To create a positive relationship environment within which to do the challenging task of working through conflicts.
 - To learn to receive love, appreciation and positive energy.

Imago Therapy is beneficial for partners/families in recovery

- Addiction ruptures the connection in partner/family relationships.
- Addiction treatment and 12 step recovery continues the disconnection by creating effective but parallel tracks of recovery healing.
- **Goal:** To find an avenue where partners/family members create a safe haven where everyone feels heard and understood both cognitively and emotionally.

Imago Therapy is beneficial for partners/families in recovery

- Imago Therapy provides a new way to think about our relationships that are full of possibilities.
- You can transform your relationships by using the very things that drive you crazy!

Imago offers a way to start healing now

- Once a problem has been identified, the average length of time it takes a couple to seek help is six years!
- You wouldn't do that if you had a physical health problem or plumbing problem...
- To find an Imago therapist in your area go to: www.gettingtheloveyouwant.com/directory/

References

Harville Hendrix, Ph.D.

- Getting The Love You Want: A Guide For Couples
- Keeping the Love You Find: A Personal Guide

Harville Hendrix, Ph.D. and Helen Lakelly Hunt, Ph.D.

- Giving the Love That Heals: A Guide For Parent
- The Couples Companion: Meditations and Exercises for Keeping The Love You Find
- Receiving Love: Transform Your Relationship by Letting Yourself Be Loved

CHECKLIST FOR DIALOGUE

There are three reasons why one might want to have a Dialogue:

1. You want to be listened to and understood.
2. You are upset about something and want to discuss it.
3. You want to discuss a topic you think might be “touchy”.

SENDER

RECEIVER

- | | |
|---|--|
| <ol style="list-style-type: none">1. The one who wants to send a message must take the initiative and says, “I would like to have a Dialogue. Is now okay?”2. Sends message.3. Continues sending message until complete.4. Listen to summary and give accuracy check.5. Listen to validation.6. Listen. If RECEIVER did not get the feelings right or did not get all the feelings, share with RECEIVER.7. Once all three parts are completed, switch roles. | <ol style="list-style-type: none">1. It is the RECEIVER’s job to grant a Dialogue ASAP.. <u>now</u> if possible. (If not now, set an appointment so that the SENDER knows when h/she will be heard.) “I’m available now2. Mirrors: “If I heard you right” or “If I’ve got it right, you said.. (paraphrase the SENDER’s message).

Accuracy check: “Did I mirror you accurately?” or “Did I get that right?” If SENDER accepts, then say, “Is there more about that?”3. When the SENDER has finished sending, the RECEIVER <u>summarizes</u> all of the SENDER’s message with this lead in: “Let me see if I got all of that ..” Check for accuracy.4. Validates: “You make sense because..” and then state the logic of the SENDER’s point of view.5. Empathizes: A lead in sentence might be: “I imagine you might be feeling..” or “I imagine you might have felt..” or “I can see you are feeling.” (if feelings are obvious).

You must make some guesses as to what the SENDER is or was feeling. Feelings are stated in <u>one</u> word (i.e.: angry, confused, sad, upset, etc.). If your guess entails more than one word it is probably a thought (“you feel that you don’t want to go with me.” This is a thought not a feeling). Also, one never knows for sure what another person is feeling. Therefore, check out your guess by saying: “Is that what you are feeling?” or “Did I get it right?” If the SENDER shares with you other feelings, mirror back what you heard. Then inquire, “Is there more about that feeling?”6. Then mirror what is said.7. When the RECEIVER has gone through all three parts (mirror, validation, and empathy) then s/he says: “I would like to respond now.” Then there is a switch and the RECEIVER now becomes the SENDER. |
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The Appreciation Dialogue

The purpose of this dialogue is:

- To let your partner know you see and appreciate things about the way s/he looks, his/her personality or specific behaviors s/he has done.
- To let your partner know that s/he has an impact on you
- To help you remember and stay connected to what you love and cherish about your partner, why you chose this person from the hundreds or thousands of potential partners
- To create a positive relationship environment within which to do the challenging task of working through conflicts
- To learn to receive love, appreciation and positive energy

The *SENDER* can send just Level 1, or Levels 1 and 2, or all 3 levels

Sender: "I'd like to express an appreciation. Are you available to listen?"

Receiver: "I'm available"

Sender Level 1: "Something I (love/appreciate/value/cherish) about you is..."

Receiver: Mirrors

Sender Level 2: "That helps me to feel" or "When I see that in you I feel..."

Receiver: Mirrors

Sender Level 3: "What that feeling of ... reminds me of from my childhood is..."

Receiver: Mirrors

Sender

1. If sender could not make any connections to childhood says "Thank you for helping me to feel things I don't remember experiencing in my childhood."
2. If never had that as a child "Thank you for bringing some healing to that place in me that didn't get that as a child."
3. If connected with a positive memory "Thank you for reconnecting me with some positive experiences from my childhood that helped me to feel (loved, special, happy, wanted)."

Receiver: Summary mirror. Validates: "You make sense that you appreciate ... given that..."

Empathizes: I imagine you might feel (one or two feeling words.) -- Is that what you are feeling?"

Switch Roles & Repeat