

The Art of Repair: Transform Arguments into Connection

6-Week Program to Transform Conflict into Connection

Evidence-Based | Rooted in Gottman Principles & Emotion-Focused Techniques

Arguments happen and they should. We have an unhealthy idea in our society that couples shouldn't argue. It is inevitable and what's even more important is 69% of arguments are not solvable. (if you are a problem solver, that can be incredibly frustrating to hear. The secret is in repair. Couples who learn to repair quickly and consistently teach their nervous system that it is normal to argue and that we are still going to be okay. How couples repair shapes the relationship success. *The Art of Repair* is a 6 week therapeutic program designed to teach couples the importance of dialogue, repair and give the skills to repair.

Through guided exercises, practical communication tools, and reflective practices, couples learn to repair ruptures, express needs safely, and create patterns of connection rather than escalation.

Ideal for:

- Couples who want to stop arguments from escalating
- Partners struggling to recover after conflict
- Those who want to feel heard, safe, and emotionally close
- Couples ready to develop lasting repair skills

Let's work together to break cycles of escalation, repair ruptures effectively, and start turning arguments into opportunities for growth and closeness.