

GROWING OURSELVES IN HEALTHY RELATIONSHIPS

The Enneagram Map and Couple Dynamics

January 10-12, 2020 [Montreat Conference Center (near Asheville, NC)

Friday, 7:00 pm - Sunday, noon

Type Groups Couples Inquiry Didactic Self-reflection

Bringing our whole selves into relationship while allowing the other to be authentically who they are—no changing or fixing—creates possibilities for love to flourish.

As human beings in relationship, we are always in a dance of becoming the best of who we can be in the company of another who is also becoming the best of who they can be.

The need to be known, loved for our unique selves, and to know and love another fully is a driving force in each of us. We balance the need to be an individual self— self-defining, self regulating— with the need to be in connection, bonding with others for love support, and nurture. This is a lifelong balancing act of differentiation and merging in our relationships.

In this retreat we will explore some of the issues and dynamics for couples regarding differentiation and fusion or merging. We will explore roles that we may assume are ours in relationship. How can we hold onto ourselves/self-soothe and stay connected to our partner even as we experience and support our differences? We will look at how we, at times, may look to our partners to make us feel better and then become angry when they don't deliver in the way we want them to.

The Enneagram Map works as a powerful tool for understanding our differences and seeing how those differences can be transformed from conflict to strengths and pathways leading to bonding with each other without sacrificing our individuality. We'll explore each type's limiting filters, world views and core fears that can serve to over protect our hearts. Additionally, we'll celebrate the gifts that each type brings to relationships.

Retreat Facilitators



Sandra Smith, MDiv



Pam D. White, LCSW

Sandra Smith, MDiv. is an IEA (International Enneagram Association) Accredited Professional who teaches the Enneagram throughout North America as a tool for personal growth and professional development. She has presented at the International Enneagram Association Conference in San Francisco, Minneapolis/St. Paul, and the Toronto Enneagram Conference. Additionally, she is a Spiritual Director and a trained community mediator.

She co-hosts *Heart of the Enneagram*, a podcast that explores the relational patterns of the nine types.

Pam Dickson White is a psychotherapist in Asheville, NC. She and her husband John established the Asheville Center for Group and Family Therapy 30 years ago. She sees individuals and couples and conducts therapy groups using Pessso Boyden System Psychomotor Therapy (PBSP) as well as other modalities that she has developed over the years. She has conducted Training programs for therapists in PBSP therapy and Redecision Therapy. She is a certified PBSP therapist, supervisor and Trainer-in-training. She is also certified Transactional Analyst with clinical and educational specialties. She has attended many Enneagram workshops and enjoys integrating Enneagram concepts into her practice.

This retreat welcomes same sex and opposite sex couples. Participants must have a working knowledge of the Enneagram system.

More details will be sent upon receiving your registration.

REGISTRATION FORM

Residential Cost Per Couple: \$685. After December 30: \$740 (includes workshop materials, lodging, Saturday meals, Sunday's breakfast.) Commuter Cost per Couple: \$510. After December 30: \$560 (includes Saturday meals and workshop materials)

Names 1. _____ email _____

2. _____ email _____

Address _____ City _____ State/zip _____

Phone: _____ 1. Enneagram Type _____ 2. Enneagram Type _____

Dietary Restrictions? _____ Total Amount enclosed: \$ _____

Mail completed registration form with check payable to Alchemyworks to
AlchemyWorks PO Box 1419 Skyland, NC 28776

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