



Connecting Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes

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**Issue: #39
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Dear Friends,

Did March roar in like a lion in your little corner of the world? If it did not weather-wise, perhaps it did so in other ways. You will read a bit about our happy news at the end of the Thought. In relating it, we realize that we cannot know of all the happy events in your own lives--all of the special little happenings as well as the major events.

As we share our happiness, we are even more aware of the challenges we all face daily such as illness, the loss of a loved one or friend, problems with family members or issues in the workplace--those common difficulties and joys that make us human! We are happy to be on this journey with you. Don't hesitate to let us know how we can make your journey better. We are here for you!

Donna and David

MARCH: "A Workshop or Private Sessions?"



It is very common for people to ask, "How should we get started in Imago work....through private sessions or through a workshop?" Let's try to sort this out.

Many couples experience dramatic shifts in their relationship as a result of the weekend. I boldly assert that the weekend is transformative. I think it's a combination of learning new tools for communication, really getting each others' story, feeling the comfort and validation of others in the group who are having

similar struggles, and having safe and transparent guides who really grasp what it takes to be successful in relationships. The truth is that many couples get enough from the weekend alone to move forward in a newly revived relationship. We get

plenty of feedback to this effect.

There are also many couples who need more individual follow up. They grasp the Imago concepts but their particular power struggle needs more specific attention in order for them to develop a transformed way of understanding each other and a transformed way of behaving with each other. Just as group golf or group ski lessons are great, some people need more individualized attention to really move forward and get "on top" of the sport. We have identified several patterns that are particularly effective in enhancing relationship growth.

One is "easy" and economical. People who attend the basic workshop a second time report a surprising surge in their grasp of Imago concepts and tools. I think it is like the first time I went skiing. While it was fun and exhilarating, I spent a lot of time trying to get my boots on and figuring out how to navigate that nasty ski lift. (Donna was even worse than me on the ski lift.) But we decided to go back. It was a completely different experience. We understood the basics and we got so much more actual skiing time and it was a much more enjoyable. We actually began to learn to ski.

This is like the second experience at the workshop for many couples. AND, it is half price...the best deal going.

Another option that we notice enhances a couple's experience is to meet with a coach for an extended session...an intensive. Donna and I each do this but more and more often we are working with couples together for three, six, or nine hours. Couples report that the benefit of working with both of us is having both the male and female perspective as these differences are part of what contributes to the misunderstandings and disconnection they experience. We are able to celebrate and transform them into connection.

We strongly encourage couples to follow up in whatever way makes sense for them. It is well worth the effort. Our second level workshops also provide a powerful experience to support and encourage your continuing growth and connection. Our new "Gender to Gender: What Men and Women Need to Know" is Saturday, April 28th. "The Next Step: Overcoming Reactivity" is May 19 - 20. Let us know what questions you may have.

We hope to see many of you again.

(Donna insists that I tell you we are now grandparents of a wonderful little girl, Abigail Elizabeth (Abby Beth). Another chapter in our Journey.....a blessed and exciting chapter.)

Always in Connection, David

**MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES
COMING UP!**

Be sure to watch this space or check our web site for future opportunities.

Getting the Love You Want Workshops

March 30-April 1, Frederick, MD
April 13-15, Rehoboth Beach, DE
Same Sex Couples: April 20-April 22, Rehoboth Beach, DE
May 4-May 5, Frederick, MD

Next Step Workshop

March 24-25, Frederick, MD
May 19-May 20, Frederick, MD

QUOTES OF THE MONTH

"These things I warmly wish for you
Someone to love,
some work to do,
A bit o' sun, a bit o' cheer,
And a guardian angel always near"

"May the road rise up to meet you,
may the wind be ever at your back.
May the sun shine warm upon your face
and the rain fall softly on your fields.
And until we meet again,
May God hold you in the hollow of his hand."

"May the sun shine all day long,
everything go right and nothing wrong.
May those you love bring love back to you,
and may all the wishes you wish come true!"

"May you always have work for your hands to do.
May your pockets hold always a coin or two.
May the sun shine bright on your windowpane.
May the rainbow be certain to follow each rain.
May the hand of a friend always be near you.
And may God fill your heart with gladness to cheer you."

"May you never forget what is worth remembering,
nor ever remember what is best forgotten"

"May you live as long as you want
and never want as long as you live"

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**



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Bowman & Associates, PA | 7823 Chestnut Grove Road | Frederick | MD | 21701