



Connecting  
Couples

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## Thought of the Month News and Notes

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**Issue: #41**  
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**Dear Friends,**

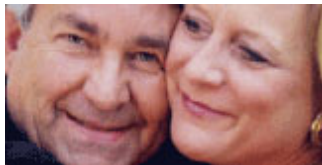
**Surprise! Yes, you really are hearing from us so soon. This Thought was originally planned for April but you know why we wanted to share our story with you last month instead. We didn't want you to miss this wonderful opportunity to learn a bit about Couples Therapy and to have some time to think about this type of coaching as it might relate to your own partnership.**

**Please take a few minutes to read our Thought, email or call if you have questions or concerns. Maybe we will be the right coaches at the "right time."**

**Don't hesitate to let us know how we can make your journey better. We are here for you!**

**Donna and David**

**MAY: "What is Couple's Therapy?"**



**A strict dictionary definition of therapy is "a treatment for a disease or disorder." Physical therapy helps restore proper movement and body motion. Chemotherapy is designed to restore the balance of healthy cells so the organ can function properly. Psychotherapy is traditionally the treatment of the mind and the matters of social adjustment. How fascinating that "psyche" or "psycho" actually comes from the Greek word "psyche" which means breath, life, principle of life, soul.**

**In most forms of therapy we expect healing or restoration to come from some outside source...a pill, a chemical, a guided physical manipulation, or a wise suggestion or interpretation.**

**Here is why I love Imago "therapy": the therapy takes place within and between the couple. No magic potions, no machinery to manipulate, no wise person giving advice or diagnosis.**

**I love being a coach and gently (sometimes not so gently) guiding a couple to call upon their essential impulse of love and desire for connection; to restore a more joyful, safe, and relaxed relationship. Here is where the healing, the therapy, takes place in the couple's Space. The healing agents are the people themselves and their desire to heal and be healed; to stretch and grow; to provide a safer place for the Partner to give and receive the love that's been there all along. We are all good people with good intentions and the essential ingredients to love and be loved, to see and be seen, to be intimate.**

**But we do have those lizards. Those pesky adaptations that say, "Don't be a fool to trust him again" or "It's best if I just leave her alone until the criticism blows over: or "My partner will never truly understand me or give me what I need." Here's where the coach comes in. Robert Griffin, III is being drafted by my Washington Redskins. He is a gifted quarterback and is a good solid human being. He has all the ingredients. But he will fall flat on his face without good coaching. He will not know the plays. He will not mesh well with the other players. He will lack the encouragement to be his best without good coaching.**

**Couples are the same. They are good human beings, gifted in love and the desire for connection and possess all the ingredients. Most of us just need a good coach to guide the therapy that actually takes place...now, get this...within our own psyche or soul first, and then within our Space or relationship with another.**

**Now, for a great chance for this "therapy" to occur: our "The Next Step: Overcoming Reactivity" workshop. Great review, new information about male and female brains, great practice for really "doing" the dialogue...and great food, as always! May 19 -20 is the next opportunity.**

**In healing,**

**David (and Donna)**

**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](#)**

June 8-9, Frederick, MD  
July 20-22, Rehoboth Beach

## Next Step Workshop

**May 19-May20, Frederick, MD**

### QUOTES OF THE MONTH

**Love one another and you will be happy. It's as simple and as difficult as that. Michael Leunig**

**Love looks through a telescope; envy, through a microscope. Josh Billings**

**Love is friendship that has caught fire. Anonymous**

**It's no trick loving somebody at their best. Love is loving them at their worst. Tom Stoppard**

**I love being married. It's so great to find one special person you want to annoy for the rest of your life." Rita Rudner**

**"There will be sex after death, we just won't be able to feel it." Lily Tomlin**

**Love is the wisdom of the fool and the folly of the wise. Samuel Johnson**

**To love deeply in one direction makes us more loving in all others. Anne-Sophie Swetchine**

**Love is the river of life in the world. Henry Ward Beecher**

**We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly. Sam Keen**

**Love is an act of endless forgiveness, a tender look which becomes a habit. Peter Ustinov**

**Falling in love consists merely in uncorking the imagination and bottling the common-sense. Helen Rowland**

**Love needs no map, for it can find its way blindfolded. Anonymous**

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

**Sincerely,**

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

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