

Paarsynthese in Englisch

Paarsynthese, our process to work with couples, completely goes along with principles of gestalt therapy according to the hypotheses from Gordon Wheeler, “**On Intimate Ground: A Gestalt Approach to Working with Couples**” (1994).

The way of couples really leads beyond the individualism. Dialogue transcend monologue. The intimacy of the partners leads the awareness away from the Ego to the point of you. The development of the couple completes the development of the individual.

The mutual combined energy became creative. The partners are bringing something new into being. Together they produce life. The couple means more than two individuals.

This togetherness is educating, forming, giving strength, but also challenging. Even or especially in the crisis of the couple lies the greatest challenge for further development and personal achievement.

Couple therapy is nothing else than a kind of concentrated, densified relationship between lovers. Love and therapy evoke the same processes like intimacy, transference, resistance.....

Doing couples therapy means also that we compress the way of the couple – not less but also not more.

Love itself is the best psychotherapy – and our way to work with couples even works with love.

In the Couple-Synthesis work with couples, we learn to recognize, experience, and make use of the fundamental needs of each other as partners. We rediscover our dreams, hopes, wishes, desires, humor and playfulness. Our inner monologue opens up into dialogue, and the resulting intimacy and closeness with our partners expands our internal attention from *me* to *you*.

Such a development of the *couple* encourages the maturing process of each partner, both in relationship to each other and to the whole of life. In this way, our love becomes truly a challenge, but also an opportunity to open up mutually, discover one another, and mature together. Also learning how to fight—the ability to manage conflict and to deal with crisis—is an important element of creativity in love; these skills in particular give our love the power to sustain through whatever difficulties may arise.

Couple Synthesis offers a path to deepen and strengthen our relationship. This practical path, which brings more resourcefulness and creativity into lovers' dialogues, consists of three stages: **impulse and intuition, questions and answers, and training our senses.**

In our workshops (with 12 to 20 participants) we work with contemplative exercises, rituals, sense and sensuality, techniques of dialogue and body work.

Creativity by Love – a seminar for couples

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Couple therapy is nothing else than a kind of concentrated, condensed relationship between lovers. Love and therapy evoke the same or similar processes like intimacy, transference, resistance, And both are giving strength, creativity and delight.

Doing couples therapy means also that we compress the way of the couple – not less but also not more.

Love itself is the best psychotherapy – and our way to work with couples even works with love.

Realisation: We work with groups of 12 – 20 members. They have to bring with blankets, paper, pens and colour pens, If possible, we need for everyone a nugget of clay. We work with exercises, meditation, dialogue – techniques, body – work.

GIPP e.V.

Therapie • Paarseminare • Ausbildung • Weiterbildung
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