

## Fall Newsletter

### Special points of interest:

- > Are you getting the sex you want? We will tell you how!
- > Love in turbulent times
- > New one day Pre-marital workshop

## Fall Back to Imago!

I love fall and all that fall brings...Thanksgiving, pumpkins, the smell in the air, the cooler, crisp temperatures, and the fall colors are exhilarating for me. Somehow fall generates excitement within after the glow of summer ends.

**Thanksgiving** is also my favorite holiday time. For many it is a time to be with Family and to give thanks for the abundance in our lives. Grateful for our relationships....partners, kids, family and friends. It is a special time to give thanks, to honor what works.

Another fun thing about

fall is Halloween!

Dressing up, scaring each other and getting treats! Does it get any better?

On a more serious note, fall is also a time to move indoors and get refocused on life and relationships.

We have called this issue "Fall back to Imago" to reflect that often over the summer there is a focus on fun and relaxation and you may have dropped your Imago practices. Now is a good time to pay attention to your relationships and the quality of your

connection.

I have written an article that focuses on intimate connections titled "**Are You Getting the Sex You Want**". A great sex life is co-created and does not happen by chance once Romantic Love comes to an end. This article will give you some helpful hints on how to improve your sex life.

**Sandra Pribanic** has written a timely article on "**Love in Turbulent Times**" which will encourage you to turn to each other as a best resource.

Enjoy! Maureen Brine

Give Thanks each day!

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## What's New at MBA?

There are lots of exciting things happening at Maureen Brine & Associates...

- \* Preparation for Relationship **Singles Workshop** Nov. 21/08
- \* New one day **Pre-Marital Workshop** beginning in Feb./09

\* **Our new website is launched.** Check it out at [www.successfulrelationships.ca](http://www.successfulrelationships.ca). We are proud of it... let us know what you think.

- \* **EMDR therapy** is now being offered at MBA as well as **Mediation Counselling**

- \* Stay tuned. We will offer **Parenting Workshops** in Spring 2009 if there is enough interest. Let us know if you are interested!



## Want to Improve your sex life? Here's how!

By Maureen Brine

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*If you are wanting to recharge your intimate relationship or find passion again, this article is for you.*

Often Romantic Love, the first stage of relationship is characterized by great passion. It seems effortless. We credit our partner for giving us so much pleasure, not realizing that nature is the culprit. Our bodies are alive with love hormones especially dopamine. Sadly when we make a commitment the drugs wear off and the relationship becomes work!

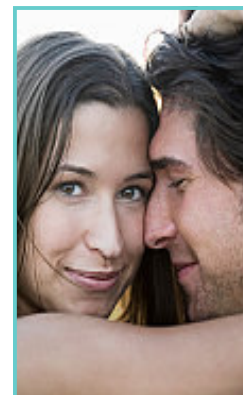
As you are probably aware, sex is an important part of intimate partnerships. It can be considered a form of communication, a dialogue between two people. Interestingly, great sex begins long before we actually go to the bedroom. It starts with the energy of

connection. There is nothing sexier in my mind than the excitement that true connection brings.

I like to tell couples who present in my office with sexual problems that if their sexual organs are working, it generally is not a sexual issue but rather one of *intimacy*. (In-to-me-see)

Often improving one's sex life means learning to communicate again. A great sex life often requires a conscious effort to connect. So here are some suggestions to help you have the sexual relationship that you long for...

1. Dialogue is a great panacea as it brings safety to the relationship and makes re-connecting possible. Learning ways to communicate about sex can actually help you become a better sexual partner. Most couples want more or better sex but don't know how to talk about it. Dialogue can help you get there.
2. Keep your partner safe and connected by watching what you say and how you say it. Be aware of how you speak to each other. Guard against negative thinking.
3. *Stop the blame game* around sex. It is no one particular
- person's fault if you are not getting what you want. Be aware of your negative thoughts and actions as they definitely will not produce good results. Ask yourself "Is what I am doing or saying helpful or deepening the dis-connect between us?"
4. Begin visioning the kind of sexual relationship you would like to have with your partner. You could actually use the Imago Relationship Vision in Getting the Love You Want with a focus on sex. Write it separately, as if you are living it now and then bring both visions together. The minute you begin to create a vision your energy will move in that direction!
5. Become the Lover you want your partner to be. Stop waiting for your partner to change...become the change you want to see. Give up being evasive, ask for exactly what you need. Be the initiator
6. Make sex a priority in your life. Schedule it. If it is not happening, put it in your calendar. Kick start the engines If you are tired... stretch. Learn where to find your sexual energy when it does not seem to be there. Often having contact will give you the boost you need.



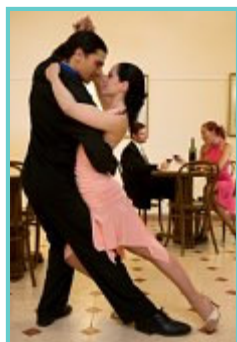
Great sex begins outside the bedroom!

7. Initiate safe touch... that is... affection and touching without expectation. Make a commitment to your connecting sessions!

8. Increase the Romance between you. Just a 10% increase on a weekly basis will give new energy to your sex life. If you need help with Romantic ideas there are plenty of fun books with creative ideas.

9. Have a surprise date weekly and take turns doing new things. Helen Fisher author of "What is Love?" says to increase the risk between you and that will increase your dopamine. So why not try jumping out of airplanes?!!!

10. Most of all have fun! Fantasize together. Learn how to inspire each other to have the best sex of your life! Take delight in one another again. Enjoy!



Passion is created when we have safety and intimacy

Chances are you've noticed the changes in the global economy. The instability of the outside world often times gets mirrored in the space of our relationship, and before you know it, you're living in a crisis-zone. Fears unspoken, doubts unnamed, we are more prone to a general sense of detachment, vulnerability, and disconnect. As we're transitioning through the unpredictable, pleasure often wanes, and we might begin to experience less safety. It is during these times that our true commitment to each other is called forth. Hopefully, we have a place to turn to... towards each other.

Through the difficult times, what does it take to stay the course, to remain true to the promise "*I'll make it happen - I'll show up to you no matter what*"?. Can I pull a molecule of compassion while I'm being triggered, that's the real test of empathy for me. Sometimes, when on the brink of an argument, I feel as if the space and time are closing in on me. Once I finally was able to put it into words, and *make sense* of that sensation of the outside-collapsing-inward, it essentially helped me to step out of only my story and into "there are two people in this relationship". Again I got reminded that *Imago* is "about the hyphen": "Me - You", "I - Thou". If the space is "collapsed", there's no "hyphen" and the relationship is big for just one of us. I know I can do better than that. Sometimes - oftentimes - I need to be reminded. That sensation of outside-collapsing-inward can easily stir me up at another level, when I begin to perceive that all around me is uncertain, in struggle, and falling apart. Whether it's relationship on a global level, or our intimate one, we're indeed all connected. Being relational is not an option for us, although that's how we sometimes like to think... It's a given, once we step into being on this Earth. We are born into relationship, wounded in relationship, healed in relationship, and hopefully will die in relationship. How we'll deal with relationships is "optional", and can offer a whole set of choices, awareness and embracing of the conscious journey .



The *Imago* journey takes us through unconscious to conscious; stepping into aware-relationship means being prepared for re-defining yourself and the relationship over and again. Each of us becoming aware of our unique needs, as well as the issues and needs of our relationship, knowing the level of our commitment, that we share a vision - ultimately it brings more energy to the relational space and the agency for moving forward. Now is not the time to cut back on your quality time together - your relationship needs you. Engage in random acts of closeness, pleasure, humor, support. Find each other in the here-and-now. Share something that is deeply relevant to you in this very moment, no matter how insignificant it might seem. The roads of love (and our unconsciousness) are unpredictable - often times sharing something spontaneous brings me unbelievably closer to my partner (even if I feel silly sharing it). Sometimes knowing each other honestly, deeply, and without any pretences is all it takes to change our world.

## Maureen Brine's Workshop Dates

### Getting the Love You Want Couples Workshops 2008/09

November	14, 15 & 16, 2008
January	16, 17 & 18
February	13, 14 & 15
April	03, 04 & 05
June	19, 20 & 21
August	21, 22 & 23 Halifax
September	18, 19 & 20
October	16, 17 & 18
November	27, 28 & 29



" This workshop gave us renewed hope and the tools we needed to reconnect."

Susan & Pete M

Toronto

### Keeping The Love You Find Singles Workshops 2008/09

November	21, 22 & 23, 2008
November	13, 14 & 15, 2009

### Advanced Couples Workshop in Halifax

March	27, 28 & 29, 2009
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## ***Basic Clinical Training Dates for 2008/09***

### **TORONTO**

Week I : Feb. 04 to 07, 2009  
Week II : May 06 to 09, 2009  
Week III : Sept. 09 to 12, 2009

### **CALGARY**

Week I : March 11 to 14, 2009  
Week II : June 24 to 27, 2009  
Week III: Aug. 12 to 15, 2009

### **VANCOUVER**

Week I : June 10 to 13, 2009  
Week II: Sept. 23 to 26, 2009  
Week III: Nov. 18 to 21, 2009

### **HONG KONG**

Week I : Dec. 9 to 12, 2008  
Week II : March 17 to 20, 2009  
Week III: May 19 to 22, 2009

## **Workshop Presenters Training**

### **Toronto**

Week I : Sept. 24 to 27, 2008  
Week II: Dec. 03 to 06, 2008  
Week III: March 04 to 07, 2009

### **Fact A in Halifax**

March 25 & 26, 2009

## **Singles Workshop Presenters in Portland**

January 23, 24 & 25, 2009

## **Advanced Singles Training in Vancouver**

January 28 to Feb. 01, 2009



## IN THE BEST INTEREST OF THE CHILDREN *REMEMBER...* By Joan Sinclair

Both parents need to agree that children have the right to be protected from as much of the pain of their parent's conflict as possible. Therefore:

### **DON'T BAD MOUTH THE OTHER PARENT**

Neither parent will speak disparagingly of the other, or will allow anyone else to do so in his or her presence.

Both will strive to be supportive of each other as parents to the children and of the other adults in their life: friends, extended family despite their differences in views, beliefs, and tastes and lifestyles.

### **DON'T DRILL YOUR CHILD FOR INFORMATION ABOUT THE OTHER PARENT**

Both parents agree that they not ask the children to keep secrets from the other parent. Each parent will respect the privacy of the other and will not question the children about the other parent's life.

Both parents agree that they not use the children as messengers.

### **GIVE YOUR CHILDREN PERMISSION TO LOVE BOTH OF YOU**

Both parents agree that they not ask the children to choose between them knowing they have a right to give and receive love from each of their parents.

### **DON'T FIGHT WITH THE OTHER PARENT, ESPECIALLY NOT IN FRONT OF THE CHILDREN**

Both parents fully understand the detrimental effects of arguing in front of the children and will ensure that they are not exposed to this.

Both agree that decisions and discussions regarding the children will not be made with them present or able to hear the same until both parents have agreed on the outcome of any discussions.

### **NO THREATS, NO NAME CALLING, NO BLAMING**

Both parents agree that even a planned engagement won't take place if either of them doesn't feel confident that the visit will be successful.

### **THESE ARE ADULT DECISIONS NOT CHILD DECISIONS**

Remind your children that the decision to separate was not in any way their fault and that their behavior could not have made you as parents separate or stay together.

### **THE TRUTH.....**

The only truth your children need to know is that you love them, will protect them and how as parents you will care for them.



Mediation can make a  
Difference...

Our newest associate, [Joan Sinclair](#), MSW, Acc F.M., is an advanced certified Imago Relationship Therapist who has provided counseling for couples and individuals for over fifteen years. Whereas Joan is well trained in a number of other counseling modalities which she integrates in her work, she is highly committed to Imago Therapy as foundational for all of her couples as she believes it to be the most comprehensive approach available today. Joan applies many of the core communications tools of Imago including the internationally acclaimed Intentional Dialogue to her broader work, including counseling and mediation.

Joan believes that there is no such thing as a hopeless situation. In working as a therapist, mediator or parenting coordinator, Joan has people come to her feeling overwhelmed and discouraged, often unable to see their way out of a situation. Using the toolbox of Imago techniques she helps clients to identify and address their needs and gain insights. The basic premise is the same: "To create a safe environment from which people can focus on conscious communication and co-author the kind of relationship which meets their needs, whatever the context".

In addition to her advanced training as an Imago therapist, Joan has an MSW and is an Accredited Family Mediator. She works with individuals, couples and families. She is a member of the College of Social Workers and of the Ontario Association of Family Mediators. Joan is especially concerned about the impact of separation and divorce on the children of the couples she is working with. In this issue, our fall issue she wanted to share some of the kindness parents can bestow on their children to spare them the pain of their parent's conflicts.

## Start Right, *Stay Connected*... *Pre-marital Workshop*



Exciting News from *Imago & Maureen Brine & Associates Ltd.* headquarters!!! We are offering the newest *Imago* program, **Start Right, *Stay Connected***. It is a one day (8h) seminar for couples planning to embark a committed relationship, engaged couples and newlyweds, helping couples learn the tools to have a successful relationship.

**Start Right, *Stay Connected*** will help you:

- \* Understand why we pick the partners we do
- \* Learn about the stages all relationships go through
- \* Understand and anticipate the challenges all couples experience
- \* Learn and practice powerful relationship skills and tools
- \* Affair-proof your relationship
- \* Plan the wedding and stay sane

*Lovers don't  
finally meet  
somewhere.  
They're in  
each other  
all along!*

*Rumi*

**Start Right, *Stay Connected*** will be offered at *Maureen Brine & Associated Ltd.* on the following dates in 2009:

**February 7th**

**April 18th**

**May 30th**

Cost per couple: \$350 (GST included).

For more information and to register, please contact us at **416-921-8688**.



## For the *Curious at Heart* - *Imago Connects*!

Wondering if Imago is for you?

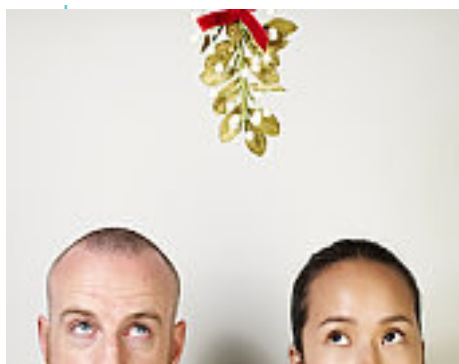
Already hooked on Imago and have some friends and family that you'd like to get introduced to Imago but not sure how to do it?

Wanting to "polish" your *Imago*-skills, or interested in taking your relationship to the next level?

Wanting to understand relationship patterns and dynamics?

Come join us for a 3h introduction to *Imago* Therapy & Theory. Next Imago Connects is **November 19<sup>th</sup>** at 6:30pm!

For more information and to register call us at **416-921-8688**.



*Curious at Heart?*

## *Does your relationship need a "lift"?*



Connect... we will show you how

Have you gotten rusty in your Imago practices? Are you thinking about engaging in the good old *Imago* process?

Inquire about the intensive-sessions option, providing you and your relationship with renewed energy & passion.

Let us help invigorate your relationship-space....  
Call us at 416 921-8688



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***Successful Relationships Practice Imago!***

***Visit our new website at [www.successfulrelationships.ca](http://www.successfulrelationships.ca)***

***About Our Organization...***

***The Mission of  
Maureen Brine and  
Associates Limited is  
to...***

***"Create an  
opportunity for all  
couples, individuals  
and trainees to learn  
about Imago - "a new  
way to love" & to  
make a peaceful  
difference in the  
world."***

**To this end, Maureen  
Brine and Associates  
Limited supports  
clients, therapists  
and students to  
create and sustain  
mutually fulfilling,  
healing & egalitarian  
love relationships  
which are based on  
Imago theory and  
practices.**



***Remember Peace  
Begins at Home!***

**You can also visit the Imago Global Website at [www.Imagorelationships.org](http://www.Imagorelationships.org)**