

Books that were discussed by the attendees.

Love Languages Gary Chapman

5 Apology Languages Gary Chapman and Jennifer Thomas (She also has you tube videos on this)

Getting the Love you want Harville Hendrix and Helen LaKelly Hunt

Love and Respect Emmerson Eggerichs

Raising Girls in the 21st Century Steve Biddulph

Raising Boys in the 21st Century Steve Biddulph

(The use of highlighter pens by clients through the books}

1 Done well

2 Missed

3 Missed for you

John Gotman's Four Horses of the Apocalypse YouTube clip

Creative Activities discussed

Using TA

Victim Triangle,

Playing games

Deep Release Cards for instance

Roles in families

Roles played in Anger

Attachment Cards

Smart Goals

Listening and Reflecting Skills

Using a microphone for a set time for each person

Pursuer Distancer *Attached info*

Nesting Dolls *Attached info*

Wheels Of Life and Stress *Attached info*