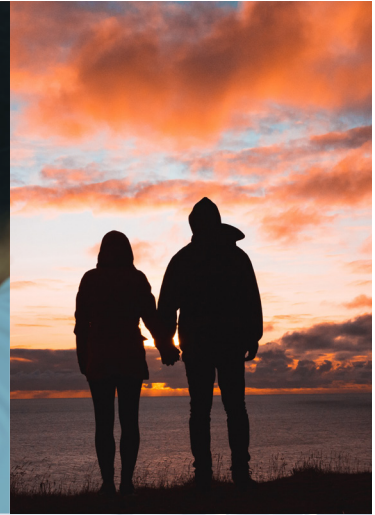




**Imago Relationships**  
NORTH AMERICA

# Reimagine Your Life with Imago Relationships



Imago is a uniquely nonjudgmental, compassionate approach that will help you:

- **Reinvigorate your relationships.**
- **Transform conflict into connection.**
- **Embrace new possibilities to deepen all your relationships.**

Over the last 30 years, Imago has helped millions of people across the globe achieve more loving and deeply satisfying relationships by teaching them new ways to talk, listen and connect in a positive way.

Imago is the Latin word for “image.” Deep down, each of us carries a picture of what we think love is supposed to look, sound and feel like. We bring that vision and those expectations with us into our committed relationships, but they don’t always serve us well.



## How is Imago different?

Imago takes a relational vs. an individual problem-solving approach. For couples, it guides them on understanding how each of them comes to the relationship with issues and how to heal together as a team.

Rather than acting as a referee, our therapists teach and guide couples to communicate in a safe and structured way that removes blame, shame and criticism. They facilitate a conversation, helping the couple learn from one another and using conflict as an opportunity for healing and growth.

Imago's collaborative approach often takes fewer sessions than other forms of therapy to uncover the root problems and patterns fueling most conflict and disconnection. Imago's approach addresses many common concerns about therapy like the belief a couple should solve their own problems, the fear of being blamed for relationship issues, the concern therapy won't bring lasting change, the desire to not repeat past therapy failures or the feeling the relationship should just be left alone.

## Why is Imago so effective?

Learning how to resolve conflict in healthy and loving ways helps to avoid lasting damage, resentment or hurt that can slowly tear relationships apart. Imago teaches specific tools, skills and guiding principles designed to empower couples and individuals to:



- Remain calm and focused during discussions allowing them to think more clearly and listen deeper
- Temporarily pause opinions (or debate) to validate, empathize and understand the underlying pain
- Express feelings in a non-confrontational, safe and structured environment
- Address the root of conflicts rather than problem-solve specific incidents
- Embrace the fact that each partner has different needs, wants and expectations while still growing and deepening their connection
- Make small changes that create big differences in terms of happiness, and fulfillment, individually, as a couple and even as a family
- Open up possibilities for win-win approaches to conflict by respecting the needs and concerns of both partners
- Build more intimate, trusting and mutually supportive relationships



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## NORTH AMERICA

### Who can benefit from Imago?

Imago gives both couples and individuals the tools they need to deepen connections at all stages of relationships. From your personal life to your workplace, our tools can help you improve your relationships whether or not they are currently in distress.

### How can Imago help you?



#### Therapy for Couples

Couples can break free from their negative relationship patterns and create the relationship of their dreams. Develop a deeper level of empathy for one another. Learn tools and skills to help calmly and confidently manage future challenges together in a loving partnership.



#### Relationship Workshops

For couples, workshops provide an opportunity to explore issues, restore and strengthen the connection, deepen love, revive the passion and positively transform the relationship.

For individuals, workshops offer a powerful self-discovery journey that helps them get more out of their relationships with others.



#### Therapy for Individuals

Individuals can explore finding—and keeping—healthy love in life. Learn about relationship patterns, partner choices, and how to connect with a healthy partner. Transform past relationships into sources of positive growth, and practice new relationship skills.



#### Organizational Workshops

Organizations can take team-building and training to the next level. By changing the way colleagues listen, understand and communicate, you can elevate employee engagement, strengthen collaboration, positively transform the work environment and contribute to the company success.

### See for yourself how Imago Relationships can transform your life.

Imago Relationship Professionals are passionate about helping you create more fulfilling personal and professional relationships. Our highly trained therapists, workshop presenters, and facilitators use proven tools and practical exercises to help you grow emotionally, connect on a deeper level, communicate effectively and collaborate in a more productive way.

To find an Imago Relationship therapist, facilitator, or workshop near you, or to learn more about becoming Imago Certified in North America, visit: [imagorelationshipswork.com](https://imagorelationshipswork.com)

Or email us at: [info@imagorelationshipswork.com](mailto:info@imagorelationshipswork.com)