

**Special
points of
interest:**

- **Indian Summer**
- **What to do when you fall out of the canoe?**
- **New Couples Group**

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Summertime is alive for a little longer...

Indian summer is a name given to a period of sunny and beautiful, warm weather in autumn, not long before winter. Usually occurring after the first frost.

Indian summer can be in September, October and/or early November in the northern hemisphere. It can persist for a few days or extend to a week or more. Personally I am hoping for an ***extended Indian Summer...*** how about you?

I often find this time of year bittersweet. It is still summer but sadly it is coming to a close. For me this feels more like a new year than the actual New Year... Back to routines and schedules and a changing climate.

It is also an exciting time of the year filled with childhood memories of returning to school, to old and new friends with summer adventure stories

in tow! We hope that this summer was all that you hoped it would be.

It is a good time as we approach the Fall to focus once again on our intimate relationships. Perhaps you have fallen out of your imago routines? Maybe it is a good time to refresh your Dialogue skills with each other or to set new intentions for the relationship. This issue contains some ideas about how to 'get back in the canoe' if you have fallen out! Enjoy each other and the rest of the summer!

Maureen Brine



Summer Memories

What's New at MBA?

- The long awaited Couples Group is starting September 23/08
- Keep on checking for our new website which is under construction and will be launched soon
- Maureen is pleased to announce that her partner Michael is completing his Imago Educator Training & will be assisting her at Couples Workshops
- Imago Connects - a three hour introductory course—*resumes this fall*.
- Imago is travelling to Hong Kong with Maureen
- We will be featured in a CBC Documentary series (Living in Toronto) on relationships this Autumn... stay tuned. We are the first of a 13 series program.

What to do when you fall out of canoe?

By

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The summer heat seems to have an intoxicating effect on many couples! And the intoxication can have many “looks”. While some couples experience an extra boost of romance with longer days, relaxing weekends and sunsets that promise evenings of connection, others begin to experience the summer-from-hell with conflicts surfacing on their relationship horizon.

If you are finding yourself in the ‘second category’, here are our “911” suggestions for when you hit the rough patch (regardless of season):

- Take a moment.... to breathe. Be loving with yourself, take a look inward.
- Many times we take each other for granted, and with time we stop giving each other the attention. The lack of closeness and connection can be overwhelming at times and can cause great loneliness. Make your relationship a priority.
- Broken hearts need time; sometimes it is difficult to trust completely... See if there is a voice of hope, inviting you to start over (Look for it when you're re-centered and grounded, it is hard to hear it at the moment of conflict)
- Open your heart to understanding the underlying dynamics of what's going on in your relationship. Put aside the “big guns”. So often we assume we know what's going on in the other person and we really don't! Dare to share something that has intimate importance for you in the here and now.
- Perhaps share a touch of hand.
- Remember that happy couples have together-times and away-times; those peaks and valleys are part of the *natural relationship-wave*. Successful couples respect each other and know how to keep each other safe.
- Learn to Dialogue. Listen.....
- If you need support and help, be courageous and get it. Sometimes, it takes courage to receive it, too. Call us if you need a tune-up.



*If you have fallen out of the Canoe...
climb back in
&
use the Imago tools to get back on track with each other!!!*

Ongoing Couples Group Begins September 23, 2006

By

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If you can relate... this group is for you!

As promised we are delighted to inform you that starting in September, Maureen Brine & Sandra Pribanic will be forming an *ongoing Imago Couple's Follow-up Group*!

The Group will meet twice a month, on Tuesday evenings (6:30-9:00pm) for 12 sessions. Completing a 'Getting the Love You Want' Workshop is a prerequisite for attendance.

The purpose of the group is to help you strengthen your Imago skills. It is common for couples to "bog down" or return to old habits after the workshop. Often couples report the need for a tune-up. Joining a follow-up group is an economical way to achieve that. Also you will remember how powerful an experience it was to join other couples who are on a similar journey!

Here are the dates for the 12 sessions:

Tuesday (s)	September	23/08
	October	7 & 21/08
	November	4 & 18/08
	December	2 & 16/08
	January	6 & 20/09
	February	03 & 17/09
	March	03/09

It is necessary to pre-register for the group as soon as possible as space is limited. The registration will be \$140 (GST included) per couple, per meeting. It is necessary to pre-pay at beginning of each month for the upcoming month. This is your commitment to your membership in the group.

We are looking forward to forming of this group, and supporting you as you journey deeper into your exploration of Imago. If you would like some more information or have any additional questions, please do not hesitate to contact us!

Maureen Brine

To Register Contact: Yvonne Singer at
imagoyvonne@successfulrelationships.ca



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Maureen Brine's Workshop Dates for 2008 & 2009

Getting the Love You Want Couples Workshops

2008

September 12, 13, & 14 (Halifax)
 September 19, 20, & 21
 October 24, 25, & 26
 November 14, 15, & 16

2009

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

Keeping the Love You Find for Individuals

November 13, 14 & 15, 2008

Imago Connects - For the Curious at Heart

By Sandra Pribanic PhD

Wondering if Imago is for you? Not feeling ready for a full workshop. Already hooked on Imago and have some friends and family that you'd like to get introduced to Imago but not sure how to? Interested in taking your relationship to the next level? Wanting to understand relationship patterns and dynamics?

Come join us for a 3hour introduction to Imago

Next Imago Connects

October 15th & November 19th

From 6:30 to 9 p.m.



Interested in becoming an Imago Therapist or Educator?

If you are a Clinician or Educator & are interested in becoming more effective in working with relationships this course will provide you with a sound roadmap.

Imago Relationship Therapy is the most effective model for understanding & improving relationships.

You can expect to experience dramatic results quickly.

For more information on training, contact Yvonne Singer at Imagoyvonne@successfulrelationships.ca for training information package



Training Dates for 2008/09/10

Basic Clinical Training in Imago Toronto

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

Toronto

Week I: Oct. 21 to 24, 2009
Week II: Jan. 13 to 16, 2010
Week III: April 07 to 10, 2010

Calgary

Week I: Mar. 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 for Imago Therapists

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

Singles Workshop Presenters Training

January 23, 24 & 25, 2009

ADVANCED SINGLES TRAINING for Imago Therapists

March 25 to 28, 2009 (Toronto)
January 28 to February 01, 2009 (Vancouver)

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Successful Relationships Practice Imago!

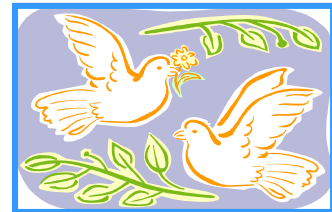
**Stay tuned for our new website. Visit us on the web at
www.successfulrelationships.ca**

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