

Workshop

Relational Resilience in the Face of Relational Disconnection

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In the recent years the concept of resilience became a concept that is discussed in detail within the context of couple and family relationships. Relational resilience, which means more than surviving after negative life experiences, is very important in terms of programs and interventions that are prepared for couples and families.

From time to time relational disconnections can occur within couple and family relationships. The difficulties that are faced in relationships, in other words, disconnections are a natural part of relationships. What is important is how these disconnections or crises/difficulties are handled within couple and family relationships.

What will you learn in this workshop?

1. The risk factors that can be faced in a relationship,
2. To evaluate resilience with a relational approach in the couple and family system.
3. You will experience what the protective factors are, which ensure relational resilience in the face of crises or difficulties, through and interactive training.