

Mission: Healthy Relationships

A relationship skills building course for military Veterans and Spouses coping with the impact of deployment, military service, post-traumatic stress, operational stress and traumatic brain injury

Presented by the Virginia Wounded Warrior Program in partnership with the Virginia Commonwealth University School of Social Work



Cost: \$40 registration fee includes cost of lodging.

When: February 17-19, 2012

Timeline:

Check in: 5:00 pm - 6:00 pm, Friday, February 17.

Start: Workshop begins at 6:30 pm Friday, February 17.

End: Workshop will wrap up by 12 noon, Sunday, February 19.

Where: **Holiday Inn Quantico**
3901 Fettle Park Drive
Dumfries, VA

To register, email Mark Taylor at virginiawoundedwarrior@loudoun.gov
or call (571) 258-3900.

MISSION: HEALTHY RELATIONSHIPS

Workshop Agenda

FRIDAY

Session I (50 minutes)

Welcome and Introductions

Icebreaker Activity (Couple Introductions)

Overview of Agenda and Workshop Objectives

Activity: Expectations for the Workshop

Dinner (1 hour)

SATURDAY

Session II (1 hour 35 minutes)

Three Kinds of Safety

What Is a Healthy Relationship?

Session III (1 hour 15 minutes)

Communication and Conflict

Active Listening

“I” Statements

LUNCH (Couple activity – Communication Problems) (1 hour)

Session IV (2 hours)

Small Group Activity – Relational Styles of Solving Problems

Small Group Activity – Resolving Conflict Peacefully

Small Group Activity – De-Escalation Techniques

Session V Breakout Groups (50 minutes)

Identifying Relationship Challenges

Session VI (30 minutes)

Report from Breakout Group

Commitment Pledge – Partner Practice

The workshop facilitator, Karen Smith Rotabi, PhD, is an Assistant Professor of Social Work at Virginia Commonwealth University. Previously working for the Department of Defense, she has facilitated life skills and relationship enhancement programs for several hundred military and family members. Her most recent work with the National MS Society has evolved into this opportunity, combining nationally recognized curriculum with issues of military families, especially families experiencing reintegration stress and adjustment after deployment.