

# **Workshop Series: Rhythm of Relationships (RoR)**

**Presented by: Paul Kawkabany**

## Module 1: Understanding Yourself

### Session 1: Introduction to the Series and Self-Exploration

- Overview of the webinar series and its objectives
- Introduction to self-awareness and its importance in relationships
- Self-assessment activities on values, strengths, and personal goals

### Session 2-5: Understanding Yourself Through Different Lenses

- Exploration of attachment styles and their impact on relationships (incorporating Attachment Theory)
- Identifying and challenging core beliefs and schemas (utilizing CBT and Schema Therapy techniques)
- Uncovering personal narratives and relationship patterns (incorporating Narrative Therapy)
- Recognizing and reframing myths about relationships (utilizing CBT, DBT and ACT techniques)

## Module 2: Understanding Relationships

### Session 6-7: Understanding Interpersonal Transactions

- Exploring communication styles and patterns (incorporating CBT, EFT and IPT techniques)
- Practicing active listening and validation techniques (utilizing ACT, DBT and SFBT strategies)

## Session 8-10: Understanding Barriers to Healthy Relationships

- Identifying common relationship obstacles and triggers (incorporating CBT, ACT, ST and DBT techniques)
- Addressing conflict resolution and problem-solving skills (utilizing CBT, ACT and DBT strategies)
- Exploring decision-making processes and their impact on relationships (incorporating SFBT and ACT techniques)

## Module 3: Building Compassion and Forgiveness

### Session 11-13: Cultivating Compassion and Forgiveness

- Understanding the role of empathy and compassion in relationships (incorporating CFT and ACT techniques)
- Practicing self-compassion and forgiveness (utilizing CFT and ACT strategies)
- Exploring forgiveness as a pathway to healing and growth (incorporating CBT, CFT, ACT, EFT and DBT techniques)

## Module 4: Developing Relationship Skills

### Session 14-16: Enhancing Relationship Skills

- Improving communication strategies (utilizing CBT, ACT, DBT, IPT and SFBT techniques)
- Validating emotions and experiences in relationships (incorporating CBT and DBT strategies)
- Practicing problem-solving and decision-making skills together (utilizing CBT, ACT and SFBT techniques)

## Module 5: Fostering Growth and Connection

### Session 17-19: Fostering Growth and Connection

- Exploring the role of emotions in relationships (incorporating CBT, DBT, ACT, EFT, ST techniques)
- Cultivating growth mindset and resilience (utilizing ACT and CBT strategies)
- Strengthening connection through shared goals and values (incorporating CBT, ACT, SFBT and CFT techniques)

### Session 20: Reflecting and Celebrating Your Relationship

- Reflecting on personal and relational growth throughout the webinar series
- Celebrating achievements and milestones in the journey toward building healthier relationships
- Setting intentions for continued growth and connection in the future

Throughout the webinar series, participants will engage in a variety of activities, including self-assessments, journaling prompts, role-playing exercises, and group discussions. These activities will allow participants to apply therapeutic techniques and strategies to their own lives, fostering self-awareness, personal growth, and stronger relationships.