**Outline and Overview of the Ten-Session “Rebuilding When Your Relationship Ends” Seminar**

The following is an overview of the ten sessions of the seminar and the topics to be discussed in each session. Here are the major topics which are typically the most important and challenging for those journeying through and beyond separation and divorce. This ‘Rebuilding Seminar’ follows the work of Drs. Bruce Fisher and Robert Alberti who developed this program in the 1960’s!

Our approach incorporates lecture, discussion, and individual and group exercise! As the world permits, we encourage you to keep meeting as a group, discussing each of the topics in more detail and especially, to compare your very personal and emotional journey through this valuable seminar!

Your Tuition will include handouts and your own Rebuilding workbook!

**Session 1, The Rebuilding Blocks** – Chapter 1.
The rebuilding blocks give you an overview of the adjustment process used in this seminar to help you make your crisis into a creative experience.

**Session 2, Adaptation**– “But It Worked When I Was a Kid.” Chapter 4.
You may have learned and developed adaptive behavior during your formative years in order to get your needs met. This adaptive behavior may become maladaptive behavior in your adult relationships. You may find it helpful to develop more authentic behavior.

**Session 3, Grief** – “There’s This Terrible Feeling of Loss.” Chapter 8.
An important aspect of ending a love relationship is grieving your various losses of love. There is a connection between overcoming denial, grieving, and disentangling from the former love partner.

**Session 4, Anger**– “Damn the S.O.B.!” Chapter 9.
Ending a love relationship results in feelings of anger. Resolving this anger allows you to find forgiveness for yourself and for your former love partner. It is important to deal with your angry feelings because they can last for months and maybe years after the physical separation.

**Session 5, Self-worth** – “Maybe I’m Not So Bad After All.” Chapter 11.
The previous sessions have helped you work through your painful feelings. Improving your feelings of self worth will help you move beyond pain and find the strength to grow.

**Session 6, Transition** – “I’m Waking Up and Putting Away My Leftovers.” Chapter 12.
After improving your self-worth, you are emotionally stronger and ready to experience personal growth. You are ready to wake up and begin taking charge of your life.

**Session 7, Openness**- “I’ve Been Hiding Behind A Mask.” Chapter 13.
You have been using a great deal of emotional energy trying to be someone other than who really you are. You may choose to be free to be you.

**Session 8, Love**– “Could Somebody Really Care for Me?” Chapter 14.
It is okay to love yourself. The more you love yourself, the more authentically you can love others.

**Session 9, Relatedness** – “Growing Relationships Help Me Rebuild.” Chapter 16.
The relationships that develop following the ending of an important relationship can be an important part of your growing process. You may find the friendships you make in this class help you to grow and adjust.

**Session 10, Sexuality** – “I’m Interested, but I’m Scared.” Chapter 17.
You long for emotional intimacy but you’re afraid. Intimacy starts with becoming better acquainted and more intimate with yourself. Understanding your own sexuality, and learning more about the way others feel will be very helpful.