

THE ART OF INTIMACY

and the Hidden Challenge of Shame

a workshop for couples with Vick Kelly, MD

Do ever wonder why you and your significant other keep having the same little arguments from time to time? And why the effect they have on your intimate relationship lasts longer and longer? And why they seem more difficult to resolve as time goes by?

Do you ever wonder what happened to the excitement you experienced when you first fell in love? And why it seems more difficult to recreate?

Do you experience moments of loneliness and isolation from your partner or outright feelings of rejection and wonder where they come from?

Do you feel as if you could do better being emotionally connected to your partner or that you are missing some of the tools to do so?

To practice the Art of Intimacy one must have a clear understanding of what motivates people to seek intimate relationships and emotional closeness, as well as a clear picture of what motivates those moments when intimacy fails and people feel distant from and rejected by their partners.



Dr. Kelly will paint a picture of human motivation that is simple to understand and easy to apply. He will provide live examples of failures of intimacy and show you how those moments can be converted into the beginnings of new ways of relating so that you can practice the art of intimacy with greater ease and success.



Vick Kelly, MD

Vick Kelly began working with couples troubled by these kinds of problems over forty years ago. In that time he has incorporated a theory of motivation based on human biology that provides couples with an easy set of tools to both understand and deal with such problems. Working with Donald L. Nathanson, M.D. in the early 1980's to explicate the biological and biographical nature of shame, he encountered the work of Professor Silvan S. Tomkins. Amazed at the clarity and rightness of feel of affect script psychology, Dr. Kelly began working directly with Tomkins a year or two before the latter's death in 1991. His goal was to link those theories of motivation to a systematic understanding of interpersonal relatedness, one capable of both explaining the reasons for relational success or failure and also of assisting the development of novel methods for treatment. Dr. Kelly is now distinguished for the definition of intimacy he developed in conjunction with Professor Tomkins and the innovative methods of couples treatment he has introduced and refined during his career.

Where: Wesley Hall of First United Methodist Church of Fort Worth

Date: Saturday, October 15, 2011 10am - 3pm

Register: \$55 per couple includes lunch. Space is limited. Register by October 3rd at www.centerforcreativetransformation.org 817-339-5071