A Couples Interactive Workshop #3

Heartwell Therapy LLC

Effective Communication
& Conflict Management

Do you find yourselves having the same arguments without reaching a resolution? Maybe conversations escalate, you feel unheard or misunderstood, or one of you shuts down when things get difficult. When communication becomes a struggle, it can be hard to know how to move forward, especially when you both want to feel understood but keep getting stuck in the same patterns.

In this workshop, couples will explore common conflict patterns and learn practical skills for active listening, expressing needs, managing strong emotions, and repairing after disagreements. You'll gain tools to navigate difficult conversations more effectively, work through differences, and better understand what happens when conflict takes over. You don't have to agree on everything to feel like a team. Rather, you will learn to approach disagreements with greater understanding, care, and connection.

A Psychoeducational Series for Couples in PA

Workshop #3 Content

- What is conflict?
- Identifying Unproductive Conflict
- Effective Communication Skills

Cost: $100 per couple per two-part workshop topic.
Options: Sign up for one or all four two-part workshops.
Register: www.heartwellpa.com/therapy-services/workshops
Questions: Cecilia Wishneski, LPC - info@heartwellpa.com