

ISM Dialogue Group

WHERE COUPLES LEARN AND TEACH BEST PRACTICES OF THE ISLAND OF SHARED MEANING COMMUNICATIONS MODEL

Are you ready to take your ISM skills to the next level? You've been using the cards, you know the Parrot and Detective well, your dialogue sprints are bearing fruit, and you want to go deeper in your path towards intimacy, connection, and a relational future that you are committed to. **Practice, practice, practice** is the key to turning these skills into muscle memory. Group activities will include:

- Role playing your ISM dialogue skills
- Social support and encouragement of healthy dialogue
- Analysis of your role plays - what was good and possible areas to improve?
- Choice to role play real issues or hypothetical issues (real issues will be more comfortable as the group gets to know each other)
- New ideas to augment and enhance your already solid ISM skills
- Celebration of best practices and affirmation of your relationship work
- Safe holding place to express and contain all emotions
- Professional facilitation and guidance
- 3 domains, 4 types, and 3 outcomes of communication
- The key values all couples need to succeed: structure, care, and consistency

This group is open to couples who have been in therapy or coaching that has taught the ISM Communications model. It is an advanced level group where couples will apply or be invited by their therapist or coach to attend. You can expect to learn, grow, and even show off your well developed ISM dialogue skills.

When: Sundays @ 5pm Pacific time | 6pm Mountain | 7pm Central | 8pm Eastern. Length of group is 60 to 90 minutes.

Where: Online video or audio

Type: Open group, come to one or all sessions

Cost \$150 per couple per session. Health insurance statements provided for reimbursement. Sliding scale available for financial need.

Sign-up: Contact Dr. Thomas Lucking via the following methods

<https://silicon-valley-therapy.clientsecure.me>
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