

# **"TOUGH MINDED LOVE FOR TENDER HEARTED SWEETHEARTS"**

*by Dr. Chrysoula Kostogiannis*

## **Summary:**

Dr. Kostogiannis delves into the definitions of love, dispels common myths, and examines how irrational beliefs impact relationships. She emphasizes the importance of challenging misconceptions and provides insights into therapy techniques.

Participants of the workshop will learn about assessment tools like genograms for couples, which are used to address unrealistic expectations in relationships, personality compatibility and values are also explored. REBT aims to guide partners in altering irrational beliefs, nurturing realistic expectations, and fostering acknowledgment of each other's individuality. The therapy process includes individual and couple sessions, focusing on personality traits, irrational basic attitudes, and effective communication.

The presentation distinguishes healthy love from unhealthy love patterns, highlighting the significance of personal fulfillment and mutual growth in successful, happy, healthy relationships. REBT equips individuals with tools to establish rational, healthy relationships founded on acceptance, communication, and taking personal responsibility for growth. The ultimate goal is to foster happiness both within and outside the relationship by maintaining a balance of passion, mutual support, respect, shared interests, and balanced power dynamics.

## **Workshop Learning Objectives:**

### **Participants will:**

- Understand the application of Rational Emotive Behavior Therapy (REBT) in relationship contexts.
- Explore love definitions, dispel myths, and grasp the impact of irrational beliefs on relationships.
- Learn practical REBT techniques for addressing misconceptions in relationships.
- Master the use of assessment tools like genograms, values, personality for couples to tackle unrealistic expectations.
- Gain expertise in guiding partners to modify irrational beliefs and nurture realistic expectations.
- Apply assertive communication and understand personality traits in relationships.
- Differentiate between healthy and unhealthy love patterns.
- Develop strategies for rational, healthy relationships.
- Maintain balanced relationships with passion, support, and mutual growth.
- Gain insights through real-life case studies involving couples.
- Receive comprehensive assessment and therapy materials for reference in practice.