



ANGELAFX

Psychologist. Couple & Family Therapy



# KEEPING THE LOVE YOU FIND WORKSHOP INFO

BASED ON THE BEST-SELLER BOOK, "KEEPING THE LOVE YOU FIND",  
BY DR HARVILLE HENDRIX PH.D.

WEEKEND WORKSHOP FOR SINGLES

**Date & Time:**

**Venue:**

**Cost:**

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A key Imago principle states that human beings have an unconscious yearning for partnership and a need for wholeness and connection. While singlehood can be very difficult if you are experiencing loneliness, rejection and painful relationships, it can also be a time of self-discovery and personal growth. It is a chance to get to know what your relational style is, how that relational style may be connected to what was unfinished for you in your childhood and to become conscious of how you carry that style to every relationship. This will empower you to focus on what you can change in yourself to avoid painful repetitions of the past. When you do the internal work on understanding yourself, you become healthier and more mature emotionally, and you will be better able to recognise and choose a healthier and more emotionally mature partner with whom to have a long-term committed relationship.

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**THIS WORKSHOP IS FOR YOU IF YOU:**

- » would like a deeper understanding of yourself;
  - » would like to understand what is needed to create and sustain a healthy intimate relationship;
  - » are in a new relationship that you would like to keep;
  - » want to restore love in your current relationship;
  - » feel that love seems to elude you and your relationships don't last;
  - » feel broken-hearted and would like to be in a new relationship;
  - » feel hopeless, discouraged and disappointed in love;
  - » consistently seem to be caught in the same negative patterns in your relationships;
  - » are ready to be in a long-term committed relationship;
  - » would like to meet others who have an interest in creating conscious relationships;
  - » are in a committed relationship and would like to understand the unconscious dynamics you bring to your relationship.
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**YOU WILL LEARN TO:**

- » identify and understand your relational style, how it was formed and how it continues to influence your life;
  - » challenge your critical inner voice that sustains unhealthy patterns and filters your experience;
  - » gain a deeper understanding of the unconscious split-off parts of yourself and reclaim your wholeness;
  - » understand your strengths and vulnerabilities in relationship;
  - » understand the connection between the frustrations you've experienced in your relationships and your frustrations in childhood;
  - » begin the process of healing past wounds and moving beyond your fears;
  - » discover how you may unintentionally sabotage relationships to protect yourself from unconscious fears and expected hurts;
  - » change behaviours and shift the patterns that have kept you stuck in the past, and free yourself to live more fully and more consciously in the present;
  - » release yourself from painful negative relationship patterns and learn new healthy ways of relating;
  - » understand the dynamics of relationships and learn new relationship skills;
  - » transform conflict into growth;
  - » reshape your relationships through your own growing awareness and change.
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*Confidentiality and emotional safety within the group is a priority throughout the workshop. While this work is conducted in groups, it is not group therapy. The workshop incorporates lectures, demonstrations, written exercises, visualisations and dialogues.*



## ABOUT THE PRESENTER

Angela Fox is a registered, practicing psychologist. She has been in private practice since 2003, having previously worked as a teacher and corporate trainer in South Africa and internationally. Her main focal area in her practice is bringing healing to people's relationships with others and within themselves. She specialises as a couple and family therapist. Her passion for psychology has been lifelong. She lives in Cape Town and is married with two children.

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### FEE:

The workshop fee includes tuition, workshop manuals and tea/coffee breaks and does not include meals or accommodation.

### CANCELLATION POLICY:

Space is limited and will be on a first come first served basis. A minimum number of participants is necessary in order to run a workshop. Should this not be possible, then the full amount will be refunded. Your registration is fully refundable up to 2 weeks prior to the workshop date. After 14 days, prior to the workshop date, your workshop fee will be transferred to another workshop. If you do not attend the workshop on the day, a 50% transfer fee will be applied.

### TO BOOK:

Visit [www.angelafox.co.za](http://www.angelafox.co.za), click on workshops. Scroll down to the *Keeping the Love You Find Workshop* and click on the Registration Form. Download and fill in the Registration Form and email it to [therapy@angelafox.co.za](mailto:therapy@angelafox.co.za). Call **082 670 8399** if you have any queries.

## FEEDBACK FROM PREVIOUS WORKSHOPS:

Angela is truly gifted and guides participants in dealing with highly emotional states of mind and relationship issues. I attribute the hope she has created to her abilities and techniques – *Wilf*

Angela facilitated beautifully without any judgement. She allowed ample time for processes to be completed and she created a very safe place for us. Professional, well-prepared - a fantastic facilitator – *Lyndsay*

Angela is a very supportive and encouraging person. It's awesome that she's impartial yet also feels like she speaks for you. She has an amazing ability to just listen & you feel much better already! Thank you!! – *Susan*

Angela holds a wonderful space for couples to feel safe & connect with the content. She is well-informed; very good at being a mirror and allowed adequate time for everyone to participate. She made a point of drawing everyone in so they felt included - *Nevashnee*

Angela Fox is highly knowledgeable on the subject and her personal experiences with couples gave me hope that it works in the real world. Great listener and lecturer – *Thabiso*

As always Angela, you are warm and easy to chat to. You provide a safe and comfortable space and are always warm and inviting. Sharing your personal stories let me know that you have gone through similar challenges and that if I apply the methods, they can work. Speaking from a place of experience always helps – *Anon*

Recommended for all couples. Knowledgeable and experienced – *Shane*

Angela is loving and so connected with the issues that are discussed. Awesome – *Eurika*

Angela was sensitive and attentive to everyone's feelings and managed the dialogues well – *Andrew*

An eye-opener! Angela is well-prepared and uses the tools herself, giving us personal examples – *Soul*

