

Imago Relationship Therapy for Couples by Mark Vogel, Psy.D.

Last year I became a certified practitioner of *Imago Relationship Therapy*, a model of therapy that is practiced by more than 1900 therapists worldwide, in more than 20 countries.

Imago Therapy is a way of working with couples that emphasizes the teaching of new relationship skills. One such skill is the Couples Dialogue, a powerful communication tool that ultimately helps partners both to bypass power struggles and to see each other in a new light.

Using the Dialogue gives partners a new way to express their desires in the relationship, allowing them to discard old, unproductive ways (blaming, criticizing, withdrawing). Because of its structure, the Dialogue helps to provide an atmosphere of safety in which partners can begin to express their needs more directly. Partners also gain an awareness of how their old wounds become activated in the relationship. Through therapy, the relationship ultimately becomes the vehicle for each partner's healing and growth.

As a practitioner of Imago Therapy, my role is to be a teacher and guide, coaching partners to be conscious, intentional, and empathic in their behaviors and communications with each other. Essentially, I am teaching partners how to heal each other.

I see couples in both our Schaumburg and Crystal Lake offices. If you have any questions about Imago Therapy I would be happy to answer them. Please feel free to call me at (847) 413-9700, ext. 318.