MAINTAINING CONNECTION FOR COUPLES

ROBERT W. RESNICK, PH.D.

1. “Two Become One” And Then There Are None!
From a fusion model to a connection model.
Simply put: You can’t have a connection unless there are two of you.

2. The Basic Human Dilemma: How to be connected to another, and maintain a self...
“I don’t want to be locked in and I don’t want to be left out.” Everybody has both sides—men
a bit more of the former, women a bit more of the latter.

3. Commitment “phobic” men and the women who hound them.
If “I Do” means “I’m Done” then “I Don’t.” The apparent end of choice. Content commitment
vs. process commitment. I can’t commit to how I will feel towards you in the future; I can
commit to being authentic with you.

4. Dealing with differences vs. differences in dealing.
Process, process, process. The content of difference is not what typically disrupts connection.
Almost all couples’ problems are rooted in how they deal with differences rather
than what the differences are.

5. Differences that make a difference.
“A bird may love a fish but where will they live?”

If I can’t convince you of my point of view, I will be colonized and defined by your point of
view. A fight for survival in the mythology of a single reality world.

7. What IS the problem?
What looks like is in the way of solving the problem, IS the problem.

8. When you’re in Chicago, the only place you can call from is Chicago.
You can only connect to another person when you’re willing to come from where
you actually are—your primary experience of the moment.
Otherwise, it’s just conversation and not connection.

If you don’t “show up,” you can never know if you’re compatible. Postured and managed
relationships and marriages are fundamentally flawed: If my relationship only works when
I’m not really there, then it defeats the purpose.

10. “Maturity” is doing what you want to do.
Even if your mother (wife/husband) wants you to!

www.TenCommandmentsForCouples.com
ROBERT RESNICK, PHD
12381 Wilshire Blvd., Suite 205
Los Angeles, CA 90025
Phone: 310-826-7750
URL: www.gatla.org
www.couplestherapytraining.com

REFERENCES
New Gestalt Therapy and Couples Therapy Demonstration DVD’s, 2010, Gestalt Associates Training Los Angeles
Interview: Tidsskrift For Norsk Psykologforening (Journal of the Norwegian Psychological Association) February, 2006

ROBERT W. RESNICK, Ph.D. is a clinical psychologist and has been a Gestalt and Couples Therapist for 45 years, and an international trainer for 40 years. Trained (1965-1970) and personally certified by examination (1969) by Drs. Fritz Perls and James Simkin, he is the youngest of the "old timers." Dr. Resnick was chosen by Fritz Perls to be the first Gestalt Therapist to introduce Gestalt Therapy to Europe in the summer of 1969 where he presented both a lecture and a training workshop in Rotterdam, Holland. He has continued to present Gestalt and couples training workshops internationally in dozens of countries.

Currently, Dr. Resnick is very excited about finally producing and showing new Gestalt Therapy and Couples Therapy films (with his wife, Rita Resnick, Ph.D.) demonstrating a contemporary Dialogic/Process model of therapy. These are real sessions with real clients in real time. There are no actors, no scripts and nothing has been cut out or added. He hopes to distribute these films to universities and training centers with subtitles in several languages. He is also threatening to finally start writing.