

Testimonials

"Thank you Imago and Tru for providing an engaging experience that gave me the ability to move forward in my relationship with a positive attitude."

"...My connection with my partner is so much stronger after just one weekend and we both hold (the) desire to succeed in our present relationship, feeling competent with helpful new skills and newfound sincerity for each other and our future together."

"I didn't think this would help, but this weekend with Tru has been life-altering for me, opening my eyes to issues years of therapy hadn't helped...I have (a) clearer understanding thanks to Tru's patient, knowledgeable presentation of (the) material I can apply directly to my relationship."

"Tru helped us reawaken what drew us together in the first place, but it feels even richer now."

Trudy "Tru" Burgess owns and operates Tru Counseling & Consulting where she practices as a Certified Imago Therapist. Tru received this designation following extensive training through Imago Relationship International founded by Harville Hendrix, Ph.D.



With more than 20 years of counseling experience, Tru is also a licensed professional counselor and substance abuse counselor. In addition to her clinical work, Tru provides community crisis intervention services, consultation, workshops, and seminars to businesses, schools, and community groups on various topics pertaining to relationships, personal growth, trauma, parenting, and recovery.

Tru is known for her compassion, humor, and enduring belief in the richness of human connections, and personal growth. Her clients describe Tru as easy to talk with, understanding, refreshing, warm, and inviting. The care of her clients and their well-being is evident in her work.

Tru Counseling & Consulting
tru@trucounseling.com
trucounseling.com
(252)974-0322

Getting the Love You Want

Imago Relationship Therapy Workshop

February 2 - 3, 2019
Saturday 8:30a - 8:00p
Sunday 9:00a - 7:00p

Hampton Roads, VA
Venue TBA

Presented by:
Trudy Burgess,
MA, LPC, NCC
Certified Imago Relationship
Therapist & Workshop Presenter
DNMS/EMDR Therapist

Imago Relationship Therapy, developed by Harville Hendrix, Ph.D., recognizes that the inherent nature of humans is what Jung described as a "push towards wholeness". "Wholeness" includes spontaneity, creativity, acceptance of self and others, the ability to welcome life's uncertainties, a need for both solitude and intense relationships, a sense of humor, compassion, inner direction, and a fresh attitude toward life.

As we develop, this wholeness is fragmented through socialization and experience with others. Imago Relationship Therapy aims to repair this fragmentation where the whole self can again express itself freely.

Imago Relationship Therapy helps couples and individuals learn to be heard and understood in an environment of safety and love, leading to a deeper connection.

***Getting the Love You Want* is a two-day ground-breaking workshop that answers for couples:**

"What does it take to be in a committed love relationship?"

"How do we overcome the obstacles to happiness in our relationship?"

"How do we create the relationship we have always wanted and use it for personal change and growth?"

Who should attend?

- You are married or dating and want to get it right
- You want to enrich your relationship
- You are beginning a relationship you want to keep
- You are close to breaking up and want clarification as well as help
- You want to resolve conflicts and rediscover joy, understanding, passion, and fun in relationship

You will learn how to:

- Tackle tough issues with sensitivity
- Communicate effectively
- Establish deeper levels of trust
- Regain and enhance passion, fun, and hope
- View your mate as a resource for healing
- Rediscover the wonder and beauty of your relationship
- Create a positive relationship for your children
- Understand what influences your decisions
- Embrace your own uniqueness while honoring your partner's uniqueness
- Uncover the hidden motives that cause power struggles
- Learn to repair hurt and improve intimacy
- Keep a relationship alive and thriving no matter how long you have been together

Registration Form

Getting the Love You Want

Imago Workshop

Deadline for registration is
January 25, 2019

February 2 - 3, 2019

Saturday 8:30a - 8:00p
Sunday 9:00a - 7:00p

Hampton Roads, VA
Venue TBA

Cost

\$750/couple

Please send a non-refundable \$200 deposit by January 25, 2019 with this form to reserve your space. A confirmation letter will be sent upon receipt of deposit.

The balance is payable on the first day of the workshop.

Please make checks payable to
Tru Counseling & Consulting

Name: _____

Address: _____

Tel: _____

Email: _____

Please send form and deposit to:

Tru Counseling & Consulting
751 West 2nd St.
Washington, NC 27889