

The Eternal Triangle

A workshop exploring the issues of romantic triangles, and how to help clients understand, manage and resolve them

What's happening when a partnership shifts to include a third person
- when one partner looks outside for a sexual or emotional connection?

For her book *The Eternal Triangle*, Susan Quilliam spoke to 50 partners from all three sides of that dynamic. Since then she has worked with many clients in her coaching practice to help them understand and resolve their situation.



In this one-day workshop she offers the opportunity to explore such questions as: what's going on in an eternal triangle? why do such triangles happen? how can we help clients manage the situation in the present, reconcile the past and future proof their relationship?

The workshop will be interactive and exercise-based rather than didactic, with participants encouraged to reflect on their own attitudes as well as to exchange professional insights and skills in a supportive way.

Susan is a writer, coach, consultant, columnist and facilitator specialising in the issue of intimate relationships. Her books include two for Relate - *How to Stay Together and Stop Arguing* and *Start Talking*. Her interest in what happens when partners 'look outside' their relationship began in 1990 when she wrote her interview-based book *The Eternal Triangle*. Susan is delighted to be an Ambassador for Relate Cambridge, where she has also previously delivered this workshop.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.
It will contribute 6 hours Continuing Professional Development.

24th January 2020, 0930 – 1630
Radnor Hall
49 City Road,
London
EC1Y 1AU

Prices including lunch & refreshments
Until 24th December 2019 £120 plus vat
From 25th December 2019 £135 plus vat

For more information and to reserve a place visit :-
www.stantonltd.co.uk or www.grayrock.co.uk