



REMI PARENTS COACHING

Talking without fighting

Learn the single most
important skill from Couples
Therapy - in 25 minutes!

WITH LOVE FROM
NORWAY

PRESENTED BY
Remi Parents,
licensed PREP coach
and instructor

*“The method
even YOUR man
will accept”*



START AGAIN

THIS WILL NOT SOLVE ALL YOUR TROUBLES IN THE RELATIONSHIP - BUT AROUND 80%,

I know- this seems crazy - but you already paid so hear me out! I have been doing psychotherapy, which includes couples therapy for 25 years, and I use the best protocols (tools) for the different jobs I do. CBT for phobias, Gestalt for coaching, hypnosis for other stuff - and for couples therapy PREP is no doubt the best. Evidence-based, implemented globally so it is applicable to various cultures, been around for many years. So I got certified in PREP maybe 12 years ago and have used it for 95% of my couples work.

THE NUMBER ONE PROBLEM

There is really only FOUR main areas that if your relationship lacks the skills for navigating them will most probably fail. Fail meaning breaking up - or being better off if you do. And the most common one is: not being able to talk together - about the difficult stuff. So sure, “pass the salt, please” might work fine- but forget about the “hot topics” that escalate into the usual “fun”.

As a therapist and a man, I recognize that most couples therapy is not attractive: It's time consuming, expensive, and is delivered in a manner that is not very suited for men - to put it very politely. So my niche is serving couples in a way that is functional, goal-oriented and makes sense. So both parties in the couple are willing. This is my take on:

THE SPEAK AND LISTEN METHOD

I will cover the HOW & WHY in the video - but for now, I want to make you a promise: IF you follow the method, you will BE FORCED to FEEL that your partner REALLY UNDERSTANDS what you MEAN. Let that sink in- and consider what possibilities this brings to your current situation. Let's go!



START AGAIN 02

Read a little background before we dive in

WATCH THE VIDEO 04

This is the actual video I want you to watch - together.

MEMORY-CARDS 05

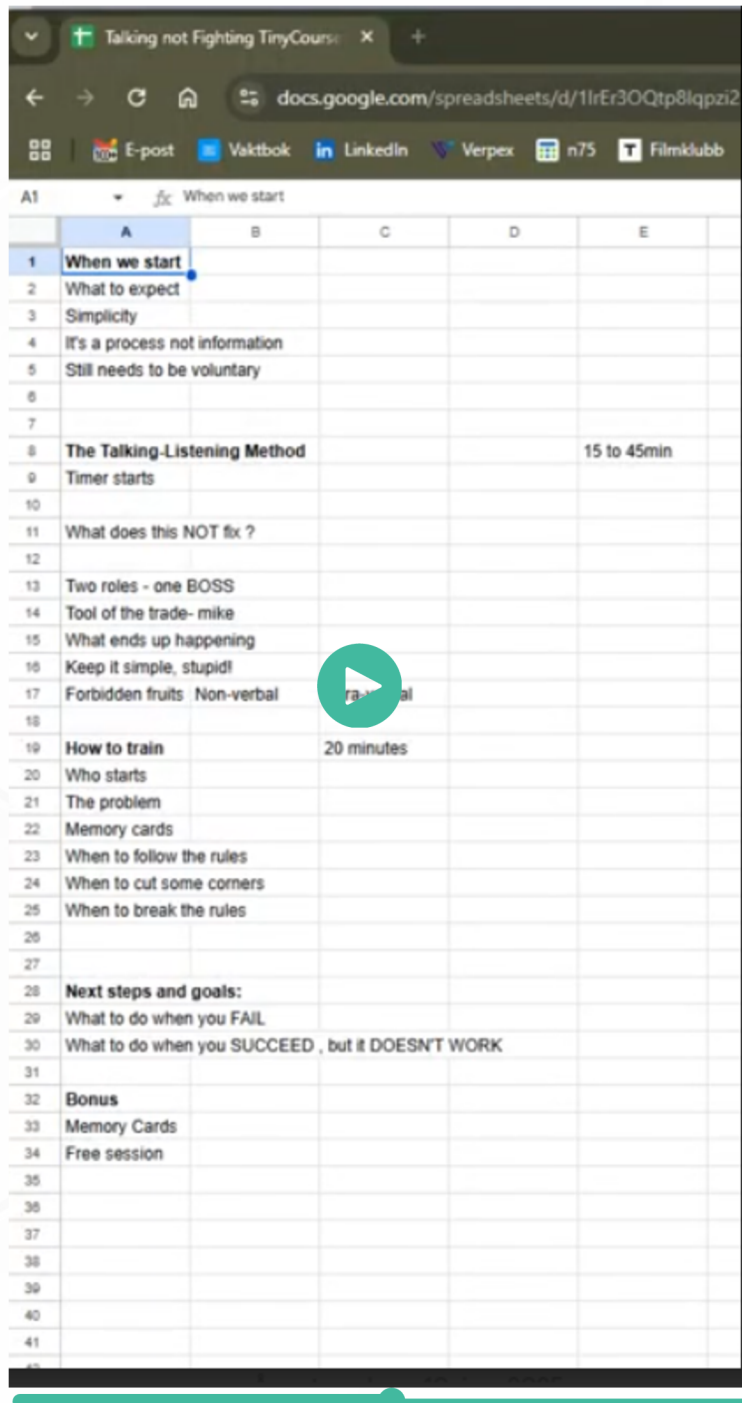
You need to practise, and I have created this page for you to either print or have handy. It is a condensed version of the “rules” to follow , because you will need to follow them especially in the beginning.

NEXT STEPS 06

The process works, it does take a little work but most couples can do this with the help of the video and the memorycards. BUT- if reality shows you need more, I offer a free 20-min session to get you on track!

THE ACCESS

STEP 1: WATCH THE VIDEO



The image shows a screenshot of a Google Docs spreadsheet titled "When we start". The spreadsheet is displayed in a browser window with the URL docs.google.com/spreadsheets/d/1lrEr3OQtp8lqpzi2. The spreadsheet content is as follows:

	A	B	C	D	E
1	When we start				
2	What to expect				
3	Simplicity				
4	It's a process not information				
5	Still needs to be voluntary				
6					
7					
8	The Talking-Listening Method				15 to 45min
9	Timer starts				
10					
11	What does this NOT fix ?				
12					
13	Two roles - one BOSS				
14	Tool of the trade- mike				
15	What ends up happening				
16	Keep it simple, stupid!				
17	Forbidden fruits: Non-verbal				
18					
19	How to train		20 minutes		
20	Who starts				
21	The problem				
22	Memory cards				
23	When to follow the rules				
24	When to cut some corners				
25	When to break the rules				
26					
27					
28	Next steps and goals:				
29	What to do when you FAIL				
30	What to do when you SUCCEED , but it DOESNT WORK				
31					
32	Bonus				
33	Memory Cards				
34	Free session				
35					
36					
37					
38					
39					
40					
41					
42					

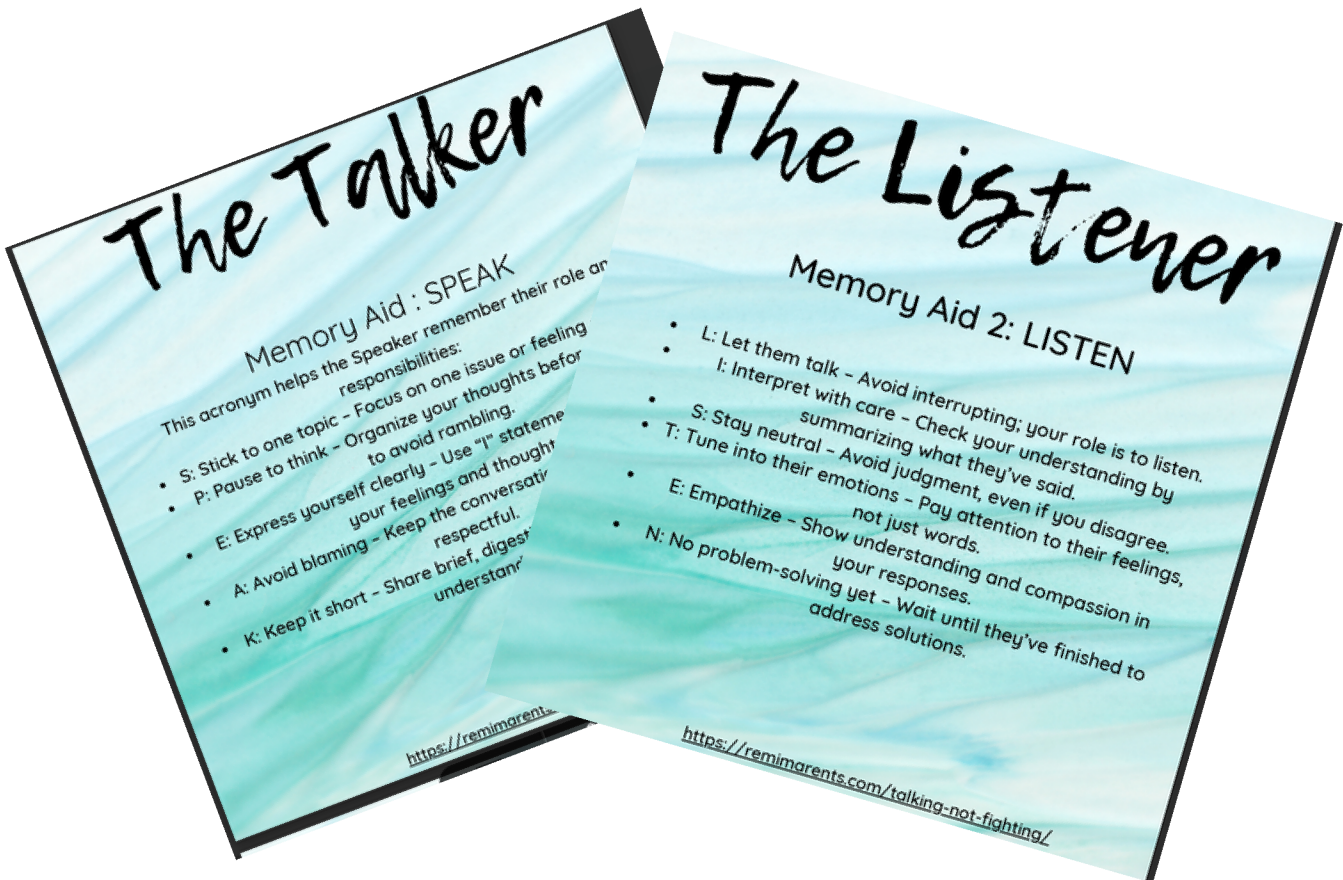
A video player overlay is centered on the spreadsheet, showing a play button icon. The video title is partially visible as "ra-...al".

DO SOME TRAINING

DOWNLOAD, ON YOUR PHONE:



PRO TIP: LIMIT TIME TO 20 MINUTES
-AND LET BOTH OF YOU HAVE ONE
ROUND OF BEING THE TALKER
WITHIN THOSE 20 MINUTES!



NEXT STEPS:

WANT TO DO THIS BETTER ? WATCH

ANOTHER VIDEO ON YOUTUBE



YOUR FACEBOOK GROUP



RMC

I created a Facebook group to be able to answer questions, offer support and also let you give me feedback for improvement. Vlick on the banner above to join (it`s free)

FREE VIDEOCALL:

I offer a 20-minute free videocall if you want my help with this method, or other parts of the PREP programme. You are also welcome to chedule for a talk about other coaching/therapy topics you want my take on. Click on the calendar icon to book directly in my live calkendar!

