



# Developing Good Relationships beyond the differences in Beliefs, language & culture.

## Useful for:

- Parenting
- Couples
- Work relationships

## Dates:

March 5, (Sun.)  
March 12, (Sun.)  
March 26 (Sun.)

## Time:

1:30 - 3:30pm  
(couples only)  
4:30 - 6:30pm  
(Individual)

## Format:

Closed Group  
(Participants are  
expected to join all 3  
sessions)

## Language:

English & Japanese

## Fee:

Couple: ¥26,000

Individual: ¥13,000

※Non refundable



URL: <https://forms.gle/XL4dUm7RG1MSAnts7>

Are you feeling frustrated, tired or disappointed thinking or just wondering....

- *He/she will never understand!*
- *No point talking to him/her, he/ she will never change.*
- *Why doesn't she/he understand?*
- *I am trying so hard, and yet nothing seem to go right.*

***Then join us in DGR series.***

## Purpose...

Learn what you can do to develop healthy relationship with others and feel good about yourself.

## Recommended for ...

Anybody who wants to develop healthy relationship with yourself and others.

## What we do ...

**Learn** theories, analyse, (act), exercise, etc.  
→ **Explore** options → Choose what to do, or not to do. **Activate** your "here and now" awareness.

Contents will primarily be based on: Transactional Analysis, Narrative, Constructivist, Person-Centered, and Co-creative theories.

Facilitators: Rie Miura, M.S.W.

Nahoko Suzuki, Clinical Psychologist

Both have extensive knowledge and experience working with culturally diverse people in both clinical and educational settings.

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