

UAMS News Bureau

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Relationship Enrichment Series Designed to Help Couples

LITTLE ROCK — The Couples Center at the University of Arkansas for Medical Sciences (UAMS) is holding a three-part series designed to help couples of all ages revive their relationship and gain a better understanding of the issues they face throughout the length of their partnership.

The Relationship Enrichment Series will be held Sept. 28 from 10 a.m. to 5 p.m. and Oct. 7 and 14 from 6 to 8 p.m. in the lobby gallery of UAMS Medical Center. The cost of attending all three sessions is \$250. Parking is free. Lunch will be provided Sept. 28 and light snacks will be provided at the two evening sessions.

To register, visit <https://couples2019.eventbrite.com/>. For more information, call 501-526-8288 or e-mail thecouplescenter@uams.edu.

The series is utilizing a new format, with the first workshop held on a Saturday, followed by two additional evening seminars. The Saturday workshop will introduce “The Roadmap of Relationships - Relationships as a Path of Growth,” “Naming and Working With Your ‘Inner Cast of Characters’” and “Communicating in Ways That Engage Rather Than Alienate.” The two evening seminars will talk about “Sexuality and the Mystery of Desire” and “How to Sustain Love Over a Lifetime.”

“The Relationship Enrichment Series has received rave reviews from couples at every age and stage of their relationship,” said The Couples Center’s director, Chelsea Wakefield, Ph.D., and a licensed clinical social worker. “A recent attendee told me, ‘I had no idea I could learn so much in such a short time. I wish my wife and I had known these helpful skills and perspectives at the beginning of our marriage!’”

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a

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statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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