

Reclaim Restore Renew Reconnect

PAIRS



FOUNDATION



Redefining Relationships

WHO WE ARE

PAIRS is a research-validated, highly experiential, educational approach to creating and sustaining relationships that are an ongoing source of love, pleasure, happiness, and fulfillment. Through a unique, innovative, proprietary technology developed and refined over a quarter century, PAIRS consistently delivers experiences that empower participants with knowledge and skills to strengthen emotional connection and bonding.



President & CEO Seth Eisenberg

Knowledge & **practical skills** for enhanced communication, empathy, **emotional** connection, understanding & **love.**



From our earliest years, PAIRS mission has been to help create a safer, saner, more loving world through educational experiences that enhance interpersonal relationships.

Established in 1983, PAIRS, the Practical Application of Intimate Relationship Skills program, emerged out of a multi-decade search for answers to all the questions of what it took not to fall in love — that's the easy part — but to sustain loving relationships through life's natural passages, transitions, and the common challenges, obstacles, and roadblocks that face couples and families across the globe.

The skills delivered in PAIRS classes empower participants with practical, time-tested tools for accurate, authentic communication; deepening empathy and compassion; listening attentively to create an environment of emotional openness and honesty; navigating conflict and differences constructively on behalf of a shared vision and mission; uncovering hidden expectations to avoid assumptions and misunderstandings; recognizing the influence of past experiences and embracing growth, learning and collaboration.

Advanced programs include powerful exercises exploring the self and family dynamics; experiencing the depth of human bonding and opportunities for emotional re-education; expanding sensual and sexual connection; and contracting to negotiate shared power, responsibilities and roles within healthy, peer relationships that are fully alive.



PAIRS National Trainers, clockwise from top: Francisco Robledo, Lauren DelGaudio, Viviana Robledo



For more information, please visit us at www.pairs.com or call us at (877) PAIRS 4U (724 7748).

WHAT WE DO

PAIRS programs range from intensive half-day, one-day, weekend workshops and multi-week seminars, to the hallmark 120-hour, semester-long Mastery Course. Classes are facilitated by educators, counselors, health care professionals, clergy and others trained and licensed by the PAIRS Foundation.

PAIRS Foundation's rigorous, multi-level, professional certification training, ethical practices and licensing standards, ongoing research, refinement, and proprietary quality management systems have earned PAIRS the reputation as one of the world's preeminent relationship skills training organizations.



Nine-hour training delivered over an intensive weekend or consecutive weekly three-hour sessions, introduces essential PAIRS skills for enhanced communication, self-worth, empathy, emotional expression, and healthy conflict resolution on behalf of lasting breakthroughs in relationship quality, bonding, and pleasure.



Thirty-hour PAIRS Supporting Healthy Marriages curriculum integrates essential skills training with additional modules on parenting, finance, time management, and social supports; extended classes, instructor and peer coaching encourage increased retention. Designed to include supportive services between sessions.



Twelve to 18 hour curriculum is an expanded version of PAIRS Essentials delivered over four to six weekly three-hour classes, with additional emphasis on constructive conflict resolution, strategies for sustained relationship growth, budgeting and financial literacy, and ongoing alumni activities.



Ten 60-90 minute classes for youth designed to improve communication, confiding and emotional understanding, increase empathy, compassion, self-esteem, self-worth, constructive conflict resolution, healthy decision-making, forgiveness, and strategies to counter peer pressures.

Featured in National Media as a Trend Setter for Over a Decade

PAIRS has been featured and acclaimed in the national media for over a decade, including NBC, ABC, CBS, CNN, MSNBC, CBN, Washington Post, Wall Street Journal, New York Times, TIME, Cosmopolitan, Readers Digest, Good Housekeeping, New Woman, Psychology Today, Atlantic Monthly, Miami Herald, Redbook, Woman's Day, and many, many more.



WHAT PEOPLE ARE SAYING

“Skill-based love is the most romantic and the most enduring...
PAIRS is the Cadillac of programs.”

*Diane Sollee
Founder/ Director
SmartMarriages.com*

**“PAIRS is life changing,
intense and humbling.”**

*Michelle Washington, LMSW
US Army*

PAIRS Partnerships & Special Programs



AFTER DEPLOYMENT

PAIRS Retreats for OEF/OIF military service members, veterans and their families with visible and invisible wounds deliver proven, practical, usable tools to strengthen marriages, families, and other critical relationships before and after deployment. Through a carefully sequenced, safe, fun, experiential process, participants have the opportunity to strengthen bonds with family members and others facing similar challenges to facilitate ongoing supportive relationships and help improve the quality of intimate relationships and other critically important psychological health and quality of life issues.

PAIRS Retreats assist service members preparing for or returning from deployment overcome challenges readjusting to civilian life ... reclaim, restore, renew and reconnect to significant others. Retreats may be taught by VA, Army, Navy, Air Force, Marine, National Guard, Coast Guard chaplains and social workers, faith-based and community organization professionals, and others serving returning service members, veterans, and families.



Remarkable Results

"PAIRS systematically works toward developing participants' emotional literacy, including the capacity for vulnerability and empathy that is often impaired after combat deployment. We have seen remarkable results through tears and testimony from the veterans and spouses who participate."

*Mitchell S. Tepper, Ph.D., M.P.H.
The Center of Excellence for Sexual Health
The Satcher Health Leadership Institute
Morehouse School of Medicine, Atlanta, Georgia*

"PAIRS is exactly what we were looking for in terms of real relationship skills for combat-returned and wounded warriors. Our survey before and after PAIRS shows a profound impact on both couples' perception of their relationship and hope for the future. Thank you for helping our heroes and their families reconnect after combat, and for giving them the skills to improve their relationships and communication."

*Laurie Ott, Executive Director
CSRA Wounded Warrior Care Project
Augusta, Georgia*



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TRAIN THE TRAINER

PAIRS Foundation's four-day Level One Professional Certification Training for those serving active duty military and veterans before and after deployment prepares instructors to lead specialized programs for this community that deliver practical, usable skills to immediately facilitate expanded communication, deepen empathy, strengthen bonding and attachment, promote constructive conflict resolution, and enhance emotional understanding, expression and forgiveness.

To schedule an on-site PAIRS Professional Training or for information on upcoming programs, contact Lauren DelGandio, Community Development/ Trainer, 877-724-7748, x802, or e-mail lauren.delgandio@pairs.com.

In Their Own Words

"PAIRS is an excellent resource to assist and educate veterans and others in need." Simone Brown

"Just do it! It's a great training. You can use it in your own relationships and in helping combat veterans." Diane Roberson

"My hopes and dreams are to take this back and help OIF and OEF sailors enhance their relationships and reduce marital difficulties." Rebecca L. Moore

**"PAIRS will be very instrumental
in my personal life as well as my occupation."**

*Tommie Pickens, CPT
US Army*



REKINDLING AFTER DEPLOYMENT

Reclaim. Restore. Renew. Reconnect. PAIRS has touched the lives of active duty military personnel, veterans and their families for over a quarter century. PAIRS retreats for returning service members were adapted and field tested in collaboration with the Charlie Norwood VA Medical Center, Morehouse School of Medicine, and the CSRA Wounded Warrior Care Project. Retreats are delivered over a relaxed, highly experiential, weekend that allows significant time for processing and connecting with family members and others who have shared similar experiences. Presentation of key concepts and skills are modified for learning and integration by diverse participants facing unique challenges, including post traumatic stress disorder (PTSD), traumatic brain injury (TBI), and other conditions related to their deployment experiences.

Participants discover powerful tools to improve communication, safely confide the range of emotions, deepen empathy, constructively address conflict and differences, and create a "new normal" in their closest, intimate relationships.

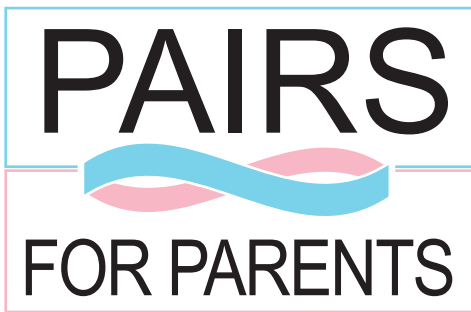
**"PAIRS is changing the lives
of returning combat veterans and their spouses."**

*Ron Craddock, Chief of Chaplain Services
Charlie Norwood VA Medical Center*

EXPECTANT PARENTS

The bonding, love, and examples children experience from their earliest interactions with their parents through the course of their development has an impact on their physical and mental well-being from infancy through childhood, adolescence and adulthood. Research has also begun to reveal deeper insights into the lasting influence of prenatal events on human development – from nutrition and health to the effect of a mother’s emotional experiences.

PAIRS classes empower expectant mothers and fathers with knowledge and practical tools that are vitally important to helping children grow up in safe, stable, loving environments that help protect the very foundation of their lives – the health and resiliency of their parents’ relationship. Expectant parents learn to understand and navigate emotions in themselves and others; master skills for staying deeply connected to one another through the natural changes and transitions that occur when creating a family; explore processes for safely negotiating differences, decision-making, and conflicts; and integrate behaviors that nurture environments of open communication, authenticity, and love that will powerfully contribute to the health, well-being, success of their children for the duration of their lives.



“I never wanted a child as I never wanted to subject a child to the kind of **upbringing that I had** or she had.

Now I think it would be the **luckiest child in the world —** to have parents who not only want to love and do love, but **know how to love.”**

PAIRS Graduate



FATHERHOOD

Children need their fathers. The absence of a father's positive involvement, love and support can leave scars that last a lifetime and legacies passed down through generations; much of what men learn about being fathers is based on the examples and experiences with their own dads.

PAIRS empowers fathers with powerful, practical skills to connect with and nurture their children, more deeply understand and navigate emotions, and to model behaviors that enhance the self-worth and self-esteem necessary for their sons and daughters to confidently pursue their dreams. Children who grow up knowing from their father's active, regular participation in their lives that they are valued and loved have much greater opportunities to experience the safety, security and stability needed to achieve success and fulfill their potential.

"In many ways, I came to understand the importance of fatherhood through its absence-both in my life and in the lives of others. I came to understand that the hole a man leaves when he abandons his responsibility to his children is one that no government can fill. We can do everything possible to provide good jobs and good schools and safe streets for our kids, but it will never be enough to fully make up the difference. That is why we need fathers to step up, to realize that their job does not end at conception; that what makes you a man is not the ability to have a child but the courage to raise one."

*President Barack Obama
June 19, 2009*

"I cannot think of
any need in **childhood**
as **strong** as
the need for a
father's protection."

Sigmund Freud



ADOPTIVE FAMILIES

Adoption is a life-long process that affects children and families at different stages of their development. Adoptive families need and deserve the support of their communities in the form of acceptance, understanding, and post-adoption supportive services.

PAIRS programs for Adoptive Parents and Youth respond to the range of issues adoptive families experience, including transition from foster care to adoption for children and families; building family relationships between adopted children and adoptive parents and adopted children and birth siblings.

Specialized courses include powerful exercises to help adopted children and adoptive parents process feelings of grief and loss associated with being given up for adoption or infertility; managing challenging and disruptive child behavior at home and school; addressing unique challenges of parenting a child with a diagnosed mental health need or disability; dealing with the emotional trauma and physical trauma, such as abuse and neglect, experienced by children prior to adoption; and forgiveness.

“I learned skills to improve my communication with my husband to strengthen our marriage and raise our adopted children. It will provide structure to communicate when emotions are strong and in calm times.”

PAIRS Graduate



A TREASURE CHEST OF TOOLS

PAIRS programs for Adoptive Parents introduce a treasure chest of tools that have helped thousands of families create, nurture, restore and rekindle loving relationships. In a range of nine to 30-hour highly experiential classes, adoptive parents discover practical, usable skills that facilitate expanded communication, deepen empathy, promote constructive conflict resolution, promote forgiveness and powerfully enhance emotional understanding, expression, and connection.

PAIRS programs for Adoptive Parents also create opportunities for couples to meet others experiencing similar feelings and challenges, in a fun, supportive, nurturing and understanding environment. PAIRS specialized programs for Adoptive Parents may be taught by mental health, educational, and child welfare professionals, leaders in faith-based and community-based organizations, adoptive parent mentors and others who work with adoptive families and adoptive parent support groups.

PAIRS Essentials for Adoptive Parents

Nine-hour program delivered over an intensive weekend or consecutive weekly three-hour sessions, introduces PAIRS skills for enhanced communication, empathy, emotional expression, and healthy conflict resolution on behalf of lasting breakthroughs in relationship quality, bonding, and pleasure.

PAIRS for LIFE for Adoptive Parents

Expanded version of PAIRS Essentials delivered over 12-18 hours, including additional emphasis on constructive conflict resolution, support for implementing strategies for sustained relationship growth and resiliency, and alumni programs.

For Our Future for Adoptive Parents

Thirty-hour curriculum integrates additional modules for Adoptive Parents on parenting, finance, time management, and social supports; provides greater opportunities for skill integration through extended classes, instructor and peer coaching with other Adoptive Parents.

PAIRS for PEERS for Adoptive Youth

Ten 60-90 minute classes for Adoptive Youth and adolescents to improve communication, confiding and emotional understanding, increase empathy, compassion, self-esteem, conflict resolution, healthy decision-making, letting go of grudges, forgiveness, and strategies to avoid negative peer pressures. Age-appropriate modules for elementary, middle and high school students.



Highly Recommended by Adoptive Parents & Counselors

PAIRS is a research validated, highly experiential, educational approach to creating and sustaining relationships that are an ongoing source of love, pleasure, happiness, and fulfillment. Through a unique, innovative, proprietary technology developed and refined over a quarter century, PAIRS consistently delivers experiences that strengthens secure attachment and emotional bonds for couples and families.

In a recent PAIRS retreat for Adoptive Parents:

- 100% of Adoptive Parents participating recommended PAIRS.
- 97% of participants rated PAIRS "Excellent."

YOUTH PROGRAMS

PAIRS for PEERS engages youth and adolescents through a comprehensive, innovative, evidence-based, age appropriate approach that enhances communication, emotional understanding and expression, deepens empathy and compassion, improves self-esteem and self-worth, reduces the influence of peer pressure, expands options for healthy conflict resolution, and leads to greater awareness of consequences and improved decision-making.

Throughout the course, students discover key qualities of healthy peer and family relationships along with powerful, practical skills for connecting, confiding, considering, and choosing options that offer greater opportunities for happiness and success. Over the duration of ten sequential, highly interactive, 60 - 90 minute classes, youngsters learn to better understand themselves and others, resist peer pressure, and develop skills for confiding on behalf of healthy relationships and decisions that contribute to improved well-being and accomplishing personal life goals.



Engaging youth through a comprehensive approach to enhance communication, **deepen empathy** and understanding, improve self-worth and **decisions.**



Teenagers Rave About PAIRS for PEERS

"I let out feelings I held in for a long time." **CS, 16**

"It will help me out in life." **RD, 16**

"The skills are helping me learn how to control my anger." **LS, 17**

"I learned to talk to people I care about instead of screaming at them and getting mad." **AP, 16**

"The skills will help me have better judgment." **FR, 15**

"I liked that I was able to bond with fellow classmates." **ME, 17**



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INVESTING IN THE FUTURE

PAIRS for PEERS success helping teenagers improve communication skills, emotional understanding, self-esteem, healthy conflict resolution, and decision-making are key to reducing teen pregnancies.

A 2009 research study involving 137 teenage mothers and expectant teenage mothers in Miami-Dade County Public Schools validated the significant impact of PAIRS for PEERS in reducing factors that lead to teen childbearing. The study involved delivering PAIRS for PEERS to teenage girls in a public school over a five week period. Follow-up assessments measured student improvements in areas previous research has identified as critical to preventing teen pregnancies.

"Many of the things we need can wait. The child cannot. Right now is the time his bones are being formed, his blood is being made and his senses are being developed. To him we cannot answer, 'Tomorrow.' His name is 'Today.'"

Gabriela Mistral

Results of the study indicated:

- 86% reported an improved ability to say no to unwanted sexual advances;
- 82% reported a greater ability to confide feelings about sexual issues with significant others;
- 77% were more likely to consider consequences of their decisions about sexual behavior;
- 63% reported increased likelihood to insist on birth control;
- 64% said their ability to talk with friends about sex improved;
- 53% said their ability to talk with parents, stepparents or guardians about sex improved.

"PAIRS promotes parent-child communication, and invests in the future

by offering programs that have been proven to reduce teen pregnancy."

*Dr. Shirley Johnson, Supervisor
Miami- Dade Public Schools
Miami, Florida*



A Research- Validated, Educational Approach

PAIRS for PEERS is an evidence-based, educational, age-appropriate approach to understanding, creating and sustaining healthy relationships. A recent evaluation report by the University of Central Florida, reported that 71% of PEERS participants showed improved scores on measures that correlate to healthier relationships, greater academic performance, emotional and social success as well as fewer behavioral problems.

Ninety-eight percent of teens in the PAIRS for PEERS program said they recommend PAIRS. Time and again, students in PAIRS say, "I wish my parents had this."

TRANSFORMING RELATIONSHIPS

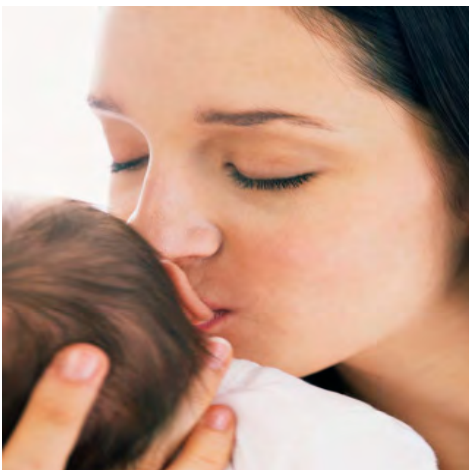
PAIRS is an integration of pioneering concepts and practical skills woven together into a range of experiential, educational programs that regularly transform lives and relationships across the globe.

Virginia Satir generously shared her knowledge, practical wisdom and remarkably inventive approaches that are woven throughout PAIRS programs; George Bach provided significant contributions to the love/hate paradox along with creative rituals for emotional expression and managing conflict; Daniel Casriel's original work on emotional intensity, emotional re-education and the depth of our human need for bonding, became the foundation of PAIRS exploration of the logic of love and emotions and the unique concept of the Relationship Roadmap.

Others who provided important influence include Bernard Guerney on Empathic Listening and Relationship Enhancement; Murray Bowen on Individuation and Family Systems; Ivan Boszormenyi-Nagy's on Invisible Loyalties and the Revolving Ledger; Eric Berne and Claude Steiner on Early Decisions/Life Scripts; John Gray on Letting Go of Grudges; Ira Progoff on Journaling; Norman and Betty Paul on the impact of Loss and Grief through the generations; Nathaniel Branden's sentence completions in surfacing hidden emotions; Harriet Wadeson on artistic expression in uncovering hidden assumptions; R.D. Laing on Knots in attitudes and beliefs; Clifford Sager on the significance of Couple Contracting; and Richard Stuart on behavioral change.

“In a world where equality between human beings is generally not practiced and maybe not known, the material contained in PAIRS is a truly significant, pioneering effort.”

Virginia Satir



“I am excitedly grateful to [PAIRS Founder] Lori Gordon for the PAIRS course she has created. She has taken from psychoanalysis, psychology, psychiatry and counseling programs the essence of their change producing techniques. She has organized these into a new, synergistic force that helps individuals and couples find positive change to be relatively easy. The course has astounded me. After 40 years of working with couples, I find PAIRS to be my most important professional and personal tool.”

Clifford Sager, MD

TOUCH THE HEART

Collectively, the PAIRS global leader network regularly touches the lives of tens of thousands.

More than 2,000 educators, counselors, health care professionals, clergy and others from faith-based and community organizations worldwide have participated in PAIRS Professional Training.

PAIRS Foundation regularly offers certification training opportunities, both for professionals seeking tools to improve services to existing clients as well as those who plan to actively teach PAIRS classes in their local communities. Training is offered in 24 - 32 hour modules both onsite and online.

The PAIRS Facilitator plays a vitally important role establishing rapport, personal and organizational credibility, group safety, assuring ethical practices, guiding exercises, and empowering each participant's personal journey through the curriculum. Qualities most important in effective course leaders include:

- *Personal warmth, optimism, authenticity, poise, and maturity;*
- *Speaks clearly with appropriate pacing and expression, is easily understood, avoids wordiness, professional jargon and terminology;*
- *Emotionally stable and comfortable with emotional intensity;*
- *Relevant and appropriate self-disclosure;*
- *Ability to maintain a safe educational environment, including appropriate boundaries;*
- *Use of appropriate humor;*
- *At ease with groups and establishing group rapport, appropriately evaluates and reads participant responses;*
- *Works cooperatively with staff and team members;*
- *Authentically models tools and values;*
- *Stays within boundaries and topics of each class,*
- *effectively teaching existing curriculum content and*
- *covering all required material and exercises within time allowed;*
- *Knowledge, understanding, and adherence to PAIRS standards of ethical practice and licensing;*
- *Asks for help when needed;*
- *Understands and respects the vulnerabilities of class participants;*
- *Identifies and recommends improvements based on group feedback;*
- *Consistently receives positive evaluations from class participants.*



PAIRS Professional Certification Training -- in English and Spanish -- is offered onsite in three and four day modules and online to prepare educators, counselors, clergy and others serving couples, youth and families to lead PAIRS classes in communities worldwide.

CUSTOM PROGRAMS

Directly and through national and local partnerships, PAIRS Foundation offers a range of specialized, custom programs to meet the relationship building goals of diverse communities.

Over the past quarter century, PAIRS partnerships have helped bring innovative relationship skills building exercises to tens of thousands, including youth participants in the American Bar Association's PARTNERS program; premarital and married couples in the S.H.A.L.O.M. workshop created in partnership with the Shalom Task Force; undergraduate and graduate students at Bar Ilan University and educational institutions throughout Israel; graduating Rabbis at New York's Jewish Theological Seminary; new immigrants and refugees in cooperation with the Hebrew Immigrant Aid Society; Christian, Catholic, Protestant and other multi-denominational faith-communities through custom programs such as CHRISTIAN PAIRS, LOVE LESSONS FOR LIFE, and MAKE IT LAST; Native American tribes in Arizona, New Mexico, Michigan and elsewhere; families impacted by combat deployment, PTSD, and TBI in partnership with Charlie Norwood VA Medical Center, Morehouse School of Medicine, and the CSRA Wounded Warrior Care Project; high school programs for disadvantaged youth and teen mothers in partnership with Miami-Dade County Public Schools; corporate programs for public and private enterprises, from government agencies to leading financial institutions, retail and consumer products companies; adaptations for special needs communities such as homeless youth, formerly homeless adults, prisoner reentry, and others in cooperation with agencies such as 411-KIDS, Carrfour Supportive Housing, and the Shelby County Department of Corrections; and many, many others.



Seth and Stephanie Eisenberg



Michael and Lauren DelGaudio



Francisco and Viviana Robledo

Creating Vibrant Relationships, Thriving on Change & Growth

"The course changed a 29-year marriage of confusion, hurt, silence and missed opportunities into a vibrant relationship of pleasure and trust that thrives on change and growth."

Bill and Becky, Falls Church, VA



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IMAGINE THE POSSIBILITIES

Imagine the possibilities of a world in which relationships thrive, children grow up in loving families, couples in every stage of relationship are able to restore, renew, revitalize and sustain families and marriages that are fully alive ... a world in which healthy relationships founded on emotional understanding and intelligence fully release human potential across the globe.

That passion -- our collective vision of a safer, saner, more loving world -- has inspired the work of PAIRS Foundation from our earliest days through the present. Call, e-mail, write or visit us online to learn more about the contribution PAIRS can make in your life and the lives of those you touch.



BACK ROW, from left: Sanford Rosenthal, Steven Steinberg, Viviana Robledo, Francisco Robledo, Lauren DelGandio, Michael DelGandio, Seth Eisenberg, Stephanie Eisenberg, Michael Eisenberg. FRONT ROW, from left: Veronica Nijamkin, Manana Hartishvili, Carrie Speno, Bailey, Amanda Falciglia.

“Reclaiming the value of our relationship has caused me to remember the value of myself. Instead of living beside each other, PAIRS has helped us to be living with each other again. Any organization - a church, a **family - can only benefit.**”

PAIRS Graduate

PAIRS Foundation is a 501(c)(3) non-profit established in 1983 to develop, refine and deliver educational programs that enhance interpersonal relationships, conduct research, and train course leaders.

The PAIRS Foundation, Inc.

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Lauren DelGandio
Robert Henthorn
Francisco Robledo

Fiscal Director

Dan Young

Research Director

Amanda Falciglia

PAIRS FOUNDATION

OUR MISSION & PROMISE

For over a quarter century, the mission of PAIRS has been to teach those attitudes, emotional understandings and behaviors that nurture and sustain healthy relationships and to make this knowledge broadly available on behalf of a safer, saner, more loving world.

