
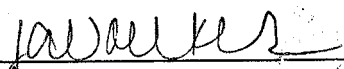




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\_\_\_\_\_  
Lori Gordon  
President  
PAIRS Foundation, Ltd.

Subscribed and sworn to before me this 28th day of  
August, 1992.

  
\_\_\_\_\_  
Notary Public  
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NOTARY PUBLIC COMMONWEALTH OF VIRGINIA  
My Commission Expires February 28, 1995

IN THE UNITED STATES  
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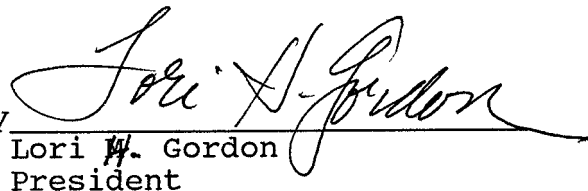
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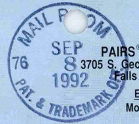
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Pairs Foundation, Ltd.

by

  
Lori W. Gordon  
President

  
JULIE ANN VOELKER 8.28.92  
NOTARY PUBLIC COMMONWEALTH OF VIRGINIA  
My Commission Expires February 28, 1995



PAIRS® Foundation, Ltd.  
3705 S. George Mason Dr., Suite C-8  
Falls Church, VA 22041

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PAIRS® is the registered trademark (service mark) of the PAIRS Foundation, Ltd. in Falls Church, VA, which develops and promotes educational programs on intimate relationship skills.

# PAIRS®

PRACTICAL APPLICATION OF INTIMATE RELATIONSHIP SKILLS

# 家

家 is the Chinese character for home

## PAIRS®

is for men and women in *any* stage of a relationship, who are

- married
- living together
- entering a new relationship
- engaged
- single
- dating
- remarrying
- separated or divorced

## PAIRS®

can help you

- develop the necessary skills for sustaining a loving and healthy relationship
- discover the causes of disappointment between couples
- improve an unsatisfying relationship
- avoid the mistakes made in previous relationships
- improve your ability to create a joyful, fulfilling future with a partner

**PAIRS**<sup>®</sup> is professionally-guided training in how to sustain intimacy in relationships. It is a comprehensive program in which couples and singles learn the necessary skills to maintain satisfying, healthy relationships.

As adults today, we are without role models for our intimate relationships. The marriages of our parents and grandparents bear little resemblance to our own. We all are pathfinders: most of us never have had the opportunity to learn the skills needed to maintain an intimate relationship.

PAIRS fills this gap.

Couples and singles can take the PAIRS course no matter what stage of a relationship they are in: married, separated, divorced, dating or engaged. Although PAIRS focuses on intimate relationships, the skills taught are basic and can be applied to all

facets of life, including professional careers.

PAIRS graduates are enthusiastic about its results. Couples often find that they can restore and enhance their marriage. Those who do divorce often find that much of the painful acrimony is avoided and that they can separate more amicably.

One reason why the program has received national media attention—*The New York Times*, *The Washington Post*, *Good Morning America*, *Ladies Home Journal*, *Newsweek*, *Readers Digest*, *The Christian Science Monitor Radio*, *Behavior Today*—is because it is the most comprehensive program of its kind. *PAIRS works because it makes relationships work*. It can bring remarkable, positive change to intimate relationships, and to life as a whole.

PAIRS is preventive maintenance for relationships.

## THE PAIRS PROGRAM

PAIRS is *skill training*, not psychotherapy. PAIRS is a comprehensive and dynamic course. It blends the best from masters in the experiential, educational and therapeutic professions, and integrates these theories into practical skills to use in daily life. It is a carefully sequenced program on emotions, behavior and attitudes, particularly as they pertain to love, intimacy and relationships.

The program of study was developed over more than 10 years by Lori H. Gordon, LCSW, the founder of the Family Relations Institute in Falls Church, Virginia.

The PAIRS course meets one evening per week for 16 weeks, plus one weekend each month. An informal and relaxed seminar format is used that combines films, lectures, individual assessments, literature, discussions and exercises.

Four basic areas are covered in the program:

1. Exploring the self through a study of family history, needs, hopes, abilities, talents, values, attitudes and unique personality.
2. Developing the ability to share and express intimate thoughts, feelings and wants with one's partner, including how to handle conflict creatively and to fight fairly.
3. Learning the full range of pleasure that physical closeness can offer, from affection, tenderness, and bonding through sensuality and sexuality.
4. Discovering common marital pitfalls and uncovering hidden expectations that sabotage relationships, leading to the development of a more mutually fulfilling, livable contract.

Free, introductory previews of the PAIRS course are offered.

"In more than thirty years work with couples, I found the PAIRS<sup>®</sup> course to be the next step I had been searching for in my attempts to integrate the seemingly divergent contributions of the helping professions.

"PAIRS<sup>®</sup> simplicity is its epitome; its applicability almost universal."

— Clifford Sager, MD, Director  
Family Clinic, New York Hospital  
Cornell Medical Center

## Course Outline



### Self Awareness

- Trace your family's emotional history so that you can uncover the hidden expectations and communication styles which may be influencing your relationships.
- Recover your past decisions that may be sabotaging your relationships today.
- Know and appreciate the rich complexity of your unique personality.

### Couples Awareness

- Acknowledge and enjoy the differences between you and your partner, rather than see them as a threat.
- Recognize the different roles you and your partner play—the masks you don, the behavior you assume in different moods or circumstances—and find out how they work, or don't work, together.
- Avoid the mindreading that so often leads to misunderstanding between couples; learn to avoid assumptions and not to expect that "if you loved me, you would know."

### Communicating

- Express your feelings so that they can get met without causing your partner to feel resentful, smothered, burdened, manipulated or inadequate.
- Recognize when your communication style is more of a problem than the actual problem you are communicating.
- Clear the air of fear, pain and anger between you and your partner before trying to resolve conflicts.
- Develop the ability to feel real empathy for your partner, instead of secretly resenting the roles of caretaker or provider.

### Sexuality and Sensuality

- Satisfy your biological need for that combination of physical closeness and emotional openness, which is called "bonding."
- Learn the difference between affection, comfort, tenderness, "bonding," sensuality, and sexuality so that sex is not your only avenue to closeness.

### Fighting Fair

- Express anger without destroying love.
- Accept anger comfortably and non-destructively.
- Recognize covert, indirect expressions of anger.
- Cope with either a fight-phobic or aggressive, hostile partner.
- Fight in such a way that you actually resolve the issues at hand, especially those relating to sex, money, children, use of time, in-laws, ex-spouses, housework, fidelity, and jealousy.

### Negotiating

- Use a negotiating style in which each partner feels heard, respected and considered; avoid using power or control that makes the loser want to withdraw emotionally or get even.
- Negotiate a relationship you can both live with joyfully.



"PAIRS<sup>®</sup> has given me the format to do what I have always yearned to do and didn't have the time or energy to create. It has been very rewarding to see the transformations in individuals and couples."  
—Nancy White, Ph.D., Houston, TX

"PAIRS<sup>®</sup> has made such an enormous contribution to my life—personally and professionally. It puts the focus on skill and knowledge, rather than on illness."  
—Joseph P. Costanzo, Ed.D., Hampden, MA

"I continue to be in awe of the process."  
—Marc Rabinowitz, Ph.D., Norfolk, VA

"The PAIRS<sup>®</sup> program is a powerful framework for learning and developing the skills needed to enter into a mature love relationship on all levels (cognitive, emotional and behavioral)."  
—Yardena Arnon, MSW, Israel

"When people learn new skills, it is really a transcendent experience for them—PAIRS<sup>®</sup> has become the highlight of our working week."  
—Terry Cooper, SPECTRUM, London, England

### PAIRS<sup>®</sup> Participants offer:

"My greatest desire is to say something so profound about the PAIRS<sup>®</sup> course that, upon hearing my remarks, other people would sign up for the course without hesitation.

"The skills and tools are the most valuable assets I have come away with. Not only are we using them to better our relationship, but they are excellent parenting tools."

"I'm 60 years old and have been married 38 years. These short four months have been more meaningful to me than any other educational endeavor I have ever experienced."

"PAIRS<sup>®</sup> has helped us move forward at a pace I would not have believed. This is a fantastic course."

"PAIRS<sup>®</sup> has been exquisite. We're on a high—it's been building over these four months. There's been tremendous change in our relationship—it's much better than it's ever been."

"PAIRS<sup>®</sup> changed a 29-year marriage of confusion, hurt, silence and missed opportunities into a vibrant relationship of pleasure and trust."



"A treasure trove of liberating wisdom that will improve the lives of many."  
—Harold Bloomer, author of *When Bad Things Happen to Good People* and *When All You've Ever Wanted Isn't Enough*

# LOVE KNOTS

How to Untangle Those Everyday Frustrations and Arguments That Keep You from Being Happy with the One You Love



LORI HEYMAN GORDON

Published By Dell Publishing  
Available at your local bookstore  
\$6.95 per copy

A SIMPLE CARESS from your husband feels like a sudden burn. You reach to hug your lover and he yanks away without a word. You know by now that asking for more makes it worse, so you just leave the room. The house slowly divides into His and Hers territories, with the kitchen and bathroom serving as demilitarized zones. The bedroom is a quiet Twilight Zone where temporary truces are called and broken over and over.

Thoughts during such times—sometimes spoken, sometimes hidden—are simple, sharp, and indisputable commands, ranging from a whispered "Just leave me alone" to a furious "Go to hell." But when the enemy is gone and the threat has receded, you have time to think, not just react. Maybe you recall how much you love to be held by him and begin to wonder how that same gesture came to mean something frightening, something that threatened to hurt rather than comfort. Maybe you fantasize about somebody else holding you in the same way. And maybe you just sit in the dark and wonder, *What happened?* What happened is that you've been bumping into "love knots."

### WHAT'S A LOVE KNOT?

A love knot is caused by subconscious assumptions that we bring to our intimate relationships. It tends to act like a mine field—if touched, it explodes. It erodes

relationships. It is based on our hidden expectations; hidden from our partners and hidden from ourselves. We usually become somewhat aware of these expectations only when we're upset, hurt, or disappointed. Even then, we often don't know why we feel that way.

We rarely ask ourselves why we expect certain behavior from the people we love. If we did, we might be surprised at some of the unfair demands we unconsciously make. And we might be surprised that we can indeed figure out what happened. There are answers, and frequently the answers give us the tools we need to revive a relationship we would desperately like to preserve. Identifying the hidden expectations each of us brings to a relationship is an important step toward warding off misunderstanding and disappointment. We expect things of intimates that we don't expect of anyone else. Our expectations become the basis of a private litmus test we constantly put our lovers through without knowing it.

The first key to finding out "what happened" and avoiding the alienation that tears many relationships apart is ferreting out from our subconscious this list of assumptions, these love knots to which we subject ourselves and our lovers. Once we identify them, we can examine and reject them and replace them with positive attitudes that allow us to grow closer to our partner, not run away.

	<i>love knots</i>	<i>positive attitudes</i>
<b>Read My Mind!</b>	<i>If you loved me, you would know what I want, and you would give it to me. Since you don't, you obviously don't care. So why should I care for you or for what you want?</i>	<b>I cannot assume that you know. I will ask for what I want and not expect you to know.</b>
<b>Take Me Away</b>	<i>If you loved me, you would bring excitement and new experiences into my life. You would plan them and make them happen. You don't. You must not feel I am worth doing that for. You don't love me.</i>	<b>Our uniqueness means we are drawn to different things. I must take responsibility myself for making happen what I would like to have happen and not see your initiative as a test of my worth.</b>
<b>The Birthday</b>	<i>If I were important to you, you would remember special anniversaries, special dates and times. You don't. I'm not important to you. You don't love me.</i>	<b>When you don't remember these things, I will let you know about their importance to me. I will tell you of my disappointment. If you choose to ignore what is important to me, our relationship will surely suffer. We need to develop a relationship in which each of us feels loved and valued.</b>
<b>Heavyweight Champ</b>	<i>If we don't agree, one of us must be wrong. If it is me, that means I am stupid or inadequate. So it can't be me. I must prove that it is you so I won't feel like a failure.</i>	<b>We should be able to disagree. We are all unique, and disagreements are manifestations of our uniqueness.</b>
<b>The Handyman</b>	<i>If you are in pain, I feel I should be able to fix it. I don't know how to fix it, so I feel inadequate. I am angry at you for making me feel inadequate. I withdraw from you, blame you, when you are in pain.</i>	<b>When we're in pain, what we want is comfort, empathy, sympathy, an interested ear, to be listened to—not solutions. As adults, we have our own intelligence and can figure out solutions for ourselves. If we want advice or help, we can ask for it.</b>

## WHAT THEY'RE SAYING ABOUT...

# PAIRS

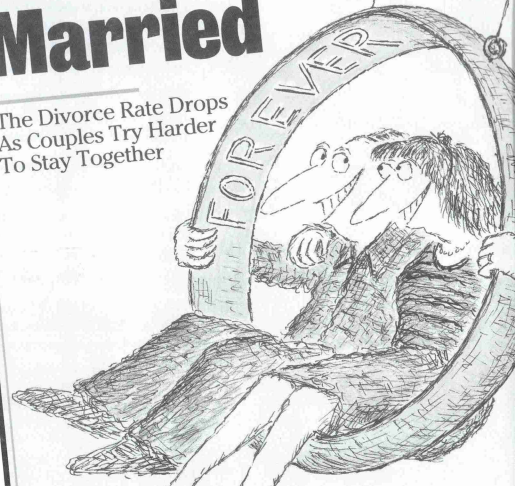
Buildup in the Gulf  
THE MINES OF AUGUST

# Newsweek

August 24, 1987 : \$2.00

## How to Stay Married

The Divorce Rate Drops As Couples Try Harder To Stay Together



The articles reprinted here contain comments about PAIRS (the Practical Application of Intimate Relationship Skills), developed by Lori H. Gordon.

The PAIRS program for couples and singles blends the best from the experiential, educational and therapeutic helping professions, and gives real, substantive ways to make relationships work.

The PAIRS Foundation, Ltd.  
3705 S. George Mason Dr. #C35  
Falls Church, VA 22041  
(703) 998-0300  
1-800-842-7470 Toll Free

**An Introduction**

PAIRS, the **P**ractical **A**pplication of **I**ntimate **R**elationship **S**kills, is an intensive 16-week, 110-hour course developed to teach skills in preventing marital breakdown. It is for couples and singles in any stage of a relationship.

The articles and comments reprinted in this booklet are about Lori Gordon's PAIRS program, including her adaptation of the New Identity Process for PAIRS, which combine to produce important healing transformations in intimate relationships. The program blends the best from the experiential, educational and therapeutic helping professions, and it teaches those skills, attitudes and emotional understandings which develop and sustain satisfying intimate relationships.

PAIRS is a highly refined, integrated step-by-step process that establishes a supportive environment in which new experiences and new perceptions can take place. It draws upon a range of theories and experiential learning, including communication theory, conflict resolution, bonding, emotional expression, family systems, psychoanalytic insights, psychosyntheses, guided imagery, human sexuality, social learning theory, contracting and behavior modification. Specifically designed exercises offer new perspectives and new understandings, particularly as they relate to love, intimacy and trust.

PAIRS establishes and teaches, within a caring, supportive group, the re-education of basic emotions, behaviors and attitudes which are essential to empathy, affection, love, caring, pleasure and trust. PAIRS is especially helpful for troubled marital relationships. The benefits to children are often immediate. At the same time, it offers a preventive level to non-distressed relationships, and gives important information to those who are not in a relationship or to singles for whom relationships have not worked out.

As one husband wrote at the end of the course:

*"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."*

Another husband, whose marriage had been on the point of dissolving over his refusal to have children, wrote:

*"I never wanted a child as I never wanted to subject a child to the kind of upbringing that I 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."*

Pre- and post-test research using the Spielberger State/Trait Anxiety Scale have demonstrated a marked reduction in levels of anger and anxiety in both State and Trait in those who have taken PAIRS, indicating a far greater ability to function under stress both on the job and at home. Many participants report far higher levels of functioning on the job, as well as more pleasure in their relationships based on their learning in PAIRS.

—Lori Gordon

**You'd know what I want if only you loved me**

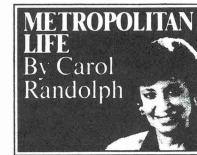
**T**ake a moment and look at these "marital mishaps." Do you find yourself saying or thinking the following: If you loved me you would know... what I think, feel, want and you would give it to me; If we don't agree, one of us must be wrong; If I try to tell you my feelings you interrupt, correct or judge; If you are in pain, I believe I should be able to fix it; and finally, If I let you get close to me, I fear I will be trapped, engulfed or smothered.

Sound familiar? These are some of the intimacy obstacles couples discuss when they attend the Family Relations Institute in Falls Church. In my 17-year career as a television talk show host, I believe I presented close to 4,000 programs. At least 40 percent of them had to do with relationships, more specifically, marriages, how to get married, stay married or how to cope when the marriage is over.

Authors, experts and just plain folks appeared on television trying to teach couples "how to communicate." Even though I listened intently, read all of the books and research material, I rarely encountered concrete, substantive procedures I believed would make a difference in a troubled relationship—that is, until now.

I recently read an article in Newsweek on marriages and discovered the Family Relations Institute. It's not a new center. It's been in Virginia for a while and center director, Lori Eisenberg Gordon, has been involved in family therapy for over 19 years. What is relatively new is the approach used to help couples communicate.

The program, P.A.I.R.S. (Practical Application of Intimate Relationship Skills) was developed over 10 years ago by Miss Gordon and is now used by men and women in any stage of a relationship who are trying to "improve an unsatisfying



relationship, avoid the mistakes made in previous ones and learn how to develop satisfying relationships." This is a skills training program, not psychotherapy. It's expensive, costing around \$1,600 per couple, but then again, it's cheaper than a divorce. It's hard work. You enroll in a 16-week (105 hours) program that meets one evening a week, plus one weekend per month. There's a weekly journal and homework requirements that include reading, writing, art therapy, psychodrama, practical exercises involving back rubs and massages. But, Miss Gordon believes this is exactly why men find this program attractive.

"Most men reject traditional therapy because it's so indefinite. They don't know what to expect or how long it will last. This program is definite. You know it will only last 16 weeks for couples, 12 for singles and you have specific things you must do. Men respond to this in a most positive manner."

Miss Gordon's program is a hybrid concept developed from data gathered by Dr. Daniel Casriel, a pioneer in the therapeutic background, and exercises developed from the Human Potential Movement. The course today deals with communication, how to confide, how to trust another, how to deal with conflict non-destructively, how to fight fair and how to listen with empathy.

"But it's not enough to just learn how to communicate," says Miss Gordon. "You must also learn who you are, your roots, from whence

you sprang, who your parents are and their parents.... There are qualities that we carry into our lives from our earlier conditioning, from all our life experiences that affect decisions we make about life, love, trust, closeness."

Couples are encouraged to discover all the many facets of their personalities. She has developed fun exercises that reveal the hidden messages they transmit to their partners.

Individuals of all colors, creeds, and income have taken this course. The program is designed for a maximum of 30 persons. And what are the results?

According to Miss Gordon, at least 80 percent of the couples enrolled stay together and many were at the stage of a separation or divorce. Those who ultimately divorce, do so with less hostility.

However, Miss Gordon is not satisfied to just work with couples. She wants to train other therapists in this method and move on to the colleges and high schools. Preventive medicine.

Now as to those initial examples of "marital mishaps," Miss Gordon says, "These are hidden expectations we have of other people, a real light dawning for couples, if you don't care, why should I?" Couples share this with each other, trying to discover true feelings. She says everyone picks the first statement but more men select the one that begins, "if you are in pain."

The Newsweek article found that "the age of the disposable marriage is over. Instead of divorcing when times get tough, couples are working hard at keeping their unions intact." The Family Relations Institute, the P.A.I.R.S. program and Lori Gordon are trying to make this task a little easier for couples in this area.

"Marriage is popular because it combines the maximum of temptation with the maximum of opportunity."

—George Bernard Shaw

Carol Randolph's "Metropolitan Life" runs Wednesday and Friday.

LIFESTYLE



Lori Gordon (with husband Morris) says men are more open to her PAIRS marital program because it's a course, not therapy.

**Butting Heads? Try Divorce Busters**

The number of couples seeking marital help has approximately doubled in the past two years—an encouraging sign, according to behaviorists. "These days, people want to stay in their marriages instead of tossing them out when things go awry," says

Rabbi Morris Gordon, board chairman of the non-profit PAIRS Institute of Falls Church, Va. "The danger is that we're seeing people settle into boring, non-communicative existences as they did before divorce became popular."

Offering an ounce of divorce prevention rather than a pound of patch-up is the purpose of PAIRS (Practical Application of Intimate Relationship Skills). The \$1,600-per-couple, four-month course was created by Gordon's wife, Lori, a family therapist, in 1984. It has since spread to 26 states and 13 countries, and has graduated over 100 therapists and thousands of couples—engaged, newlywed, long hitched. The 110 hours of training focus on skills that keep familiarity from breeding contempt—mutual praising, degrees of physical affection without sex, fighting fair, sharing dreams, criticizing only with a suggestion for change, confiding. It also debunks a mound

of marital myths ("If you loved me, you'd know what I want," and "If we disagree, somebody has to be wrong, and it's not going to be me").

Lori Gordon, 60, says she began to travel the road to PAIRS in the late '60s. "When I went looking for help in my own first marriage, and nobody was seeing couples," In 1969 she launched the Family Relations Institute in Falls Church and developed a program that grew into the preventative PAIRS concept after "some singles came to me in the early '80s and said they wanted to avoid the things that had gone wrong in their friends' relationships."

Gordon and the rabbi, 75, met in 1981 and were married in 1982. It was his influence that established PAIRS and spread its gospel. "A relationship is like a minefield," declares Lori Gordon, whose book on the subject, *Love Knots*, will be published in May. "PAIRS gives you a road map so you don't get blown up." ■



At the American Association for Marriage and Family Therapy (AAMFT) 1988 annual conference in New Orleans, Lori Gordon spoke about PAIRS at the Plenary Session: *Couples Survival and Success*, and conducted workshops on PAIRS.

Ms. Gordon has been a frequent presenter at other professional conferences, including the 1989 AAMFT conference in San Francisco, and at a two-day workshop at the 1989 Virginia Association for Marriage and Family Therapy (VAMFT) conference.

“99

**What mental health professionals say about PAIRS**

The work and process that I have witnessed were among the finest that I have had the privilege of seeing in my experiences in the worlds of psychotherapy...I am impressed by the dignity, genuineness and wisdom of the work that I have had the privilege of seeing here.

— Israel Charney, PhD  
Director, Postgraduate  
Interdisciplinary & Graduate  
Social Work Programs in  
Family Therapy  
Tel Aviv University, Israel

PAIRS is revolutionary. As an educational strategy, it is light years ahead of traditional education or therapy. It is almost a perfect balance between education of the emotions and education of the intellect.

— Kent Lloyd, PhD  
President, Center for  
Educational Competitiveness  
Spectrum therapy center  
London, England

We are delighted to be on your Board of Directors. In my view, your work carries forward the best of [Virginia Satir's] legacy.

— Lyman Wynans, MD, PhD  
Professor of Psychiatry  
University of Rochester  
Former Chief of Adult Psychiatry  
of the National Institute of  
Mental Health



Virginia Satir

**PAIRS is unique because it is the first all-inclusive program for couples that focuses on health instead of on problems.**

**It is successful because it offers usable, practical ways to accomplish joy in relationships.**

— Virginia Satir, PhD  
Former Chairperson of  
the Board,  
PAIRS Foundation, Ltd.

In the PAIRS courses I have presented, relationships have been transformed and individual lives significantly enhanced.

— Nancy White, PhD  
The Meta Center  
Houston, Tex.

There is emerging recognition in the field that psychoeducation combined with counseling or psychotherapy is documented as the most effective approach to treating a range of problems—from severe mental illness through complications of marriage and parenting.

There are predictable life cycle crises which can be educated for and prevented through the understanding and knowledge of appropriate skills. PAIRS is unique in that it offers a full range of these skills.

— Diane Sollee  
AAMFT Conference Director  
Washington, DC

Professionally it was a rich and stimulating workshop, but foremost a very important personal experience...I have a sense of enormous gratitude to you.

— Hugo Bleichmar, MD  
Professor of Family Therapy,  
Psychiatrist, and author,  
Madrid, Spain

Our PAIRS course has been a tremendous success. The participants love the structure and feel they are really increasing their skill levels—they are able to solve issues much quicker and are learning the necessity of goodwill in relationships. When people learn new skills, it really is a transcendent experience for them. The PAIRS evening has become the highlight of our working week, and we feel the benefits of the work in our own relationship.

— Terry Cooper, Founder  
Spectrum therapy center  
London, England

In finally accepting that love is a feeling, first and foremost, and innately worth maintaining, I am acknowledging a major conversion in my life, professionally as well as personally. I know it will take work to "hold the road" and maintain that raised focus of pleasure. It will also take joy, and I am going for both.

— Ernest H. Mellor, D.Ms.  
Pastoral Counseling and  
Consultation Center  
Memphis, Tenn.

The PAIRS couple experience is the most exciting and comprehensive program for couples I have encountered...PAIRS has significantly contributed to the body of knowledge in couple enhancement and therapy by pulling together this unique approach to relationships. Its approach uses a blending of the best from masters in the experiential, education and therapeutic helping professions.

— Richard Robertson  
The Pastoral Institute  
Columbus, Ga.

PAIRS is something special. It is brilliant, shining hope for couples and families.

— Thomas R. Young, MD  
Family Health Care  
Boise, Idaho



JUDY MANN

## Learning to Be Intimate

"Love," says Lori Gordon, "is a feeling that is based on anticipating pleasure with someone. When the relationship brings more pain than pleasure, chances are you won't want to be there. When that shifts, people are choosing not to stay. I think that can change. We have to learn how."

Gordon is director of the Family Relations Institute in Falls Church and the originator of a 100-hour course called PAIRS, which she describes as a crash course in intimate relationships. She has blended the work of various family and behavior therapists into a structured course designed to teach couples how to communicate with one another, how to understand each other's emotions and hidden assumptions. Classes are offered once a year to 12 couples and meet one evening weekly for three hours and one weekend per month for four months. For each hour of class time, there are two or three hours of homework, which can range from reading to learning how your partner likes his back rubbed—and teaching him how you like your back rubbed.

One measure of the course's success is the number of couples who have stayed together. Of 12 couples who took the course three years ago, nine went in at the point of divorce; three went on to separate and nine stayed together.

"My sense is that the separations that come about are not as bitter, that there is a deeper sense of understanding and compassion for each other," says Gordon. "We teach skills in listening, understanding your partner and yourself. We teach

bonding. We mean emotional as well as physical closeness.

"Men come and they learn the relief of emotional openness. The don't have to live with the old rules. They don't have to hide from their partner. An important piece of this course is the permission to look at the old rules and to change them in behalf of greater pleasure with each other. It doesn't mean you never do anything alone, but your partner becomes your dearest friend.

"Men fear intimacy. They were conditioned that way and not just by their parents. They pick it up all over: If you show fear, pain, your vulnerability, you're not a male. A boy, to be seen as not being a baby, has to grow away from his mother, otherwise he's seen as a mamma's boy. They're taught not to cry, not to express pain. Then, when they're in an intimate relationship, they're supposed to reverse this. That's hard. They've been conditioned early not to show feelings, not to confide. They have often learned that so well that they don't even know their feelings."

Part of the course teaches each partner to learn what feels good for the other. For example, says Gordon, a partner who likes to be alone when he is sick may assume that his spouse also likes to be alone when she is sick. She, however, may feel abandoned.

"We teach the notion of being a giver and a receiver, and the concept of mutuality. You have to want to know how it is for the other and find out." Part of the course also teaches couples how to deal with anger and how to negotiate with each other.

One of the communications skills that is taught is called the

daily temperature reading. It covers five areas. The first is appreciation, says Gordon, "in which the couples tell each other positive things. Second is information, such as when I'll be home, who I had lunch with. They don't withhold things. Third is puzzles: I noticed something I don't understand. Fourth is complaints with requests. It's not enough to complain. You have to say what will make you feel better. Fifth is wishes, hopes and dreams."

Members of the clergy, members of Congress, local police departments and teachers of family life courses were recently invited to the Family Relations Institute to see a film made by Richard Basch about the PAIRS course. "We want the clergy to know that there is training that will make a difference," says Gordon, whose husband, Rabbi Morris Gordon, has referred couples on the verge of divorce to the institute for many years. She says that men who are reluctant to enter therapy are much more willing to take a course.

One of the couples featured in the film has been married 43 years. The husband worked in construction and says he was used to yelling "hey, you" on the job, which is not exactly the language of intimacy. He and his wife took the course when it was first offered. "It improved the quality of life tremendously," he said after the film was shown. "Our kids seemed to really like having their parents on an even keel and liking each other again."

The course demands work, energy, time and commitment—but it can be a small investment when measured against the high toll of divorce.

## Talk Shows & Reprints

Lori Gordon is frequently cited by national media for her innovative techniques to prevent divorce and maintain healthy relationships. Here are just a few of the publications and talk shows which have featured Ms. Gordon's work and PAIRS ...

Jenny Jones! January 21, 1992

The Today Show (NBC), November 1, 1990

SONYA Live! (CNN), June 29, 1990

Geraldo! May 30, 1990

He Says, She Says, June/July 1992

Cooling Conflict, March 1992

## Pathways

Untangling Love Knots, Spring 1991

## COSMOPOLITAN

Love Knots: Do You Expect What He Can't Give? July 1990

## New Woman

Lessons in Love, December 1989

## The Washington Post

Ties that Rebind, July 14, 1989

## GLAMOUR

Relationship Saboteurs, January 1988

## Mademoiselle

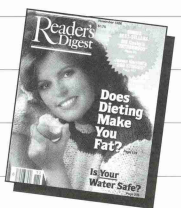
The Incredible Shrinking Couple, September 1987

## Newsweek

How to Stay Married, August 24, 1987

## Reader's Digest

Ten Tips for a Happier Marriage, November 1986



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—Virginia Satir  
Fmr. Chair of the Board  
PAIRS Foundation, Ltd.

## LETTERS

from page 9

Closure of Family Relationship, Simple  
Closure of Family Relationship, Complicated  
Reconstruction of Cognitive Set, Partial  
Reconstruction of Cognitive Set, Complete  
Family Triangle Reduction/Cross-generational Transection

By the way, those interested may write to us for a complete listing of our new procedural terminology and accompanying code numbers; the cost is a mere \$499.95.

Douglas Zlatin  
Columbia, CT  
David Fago  
Silver Spring, MD

## POLITE ENOUGH

I am writing in response to Frank Pittman's review of "Fried Green Tomatoes" (May/June). Dr. Pittman mentions a "marriage" between two women. He states "... the film is polite enough not to concern itself with what they do when the shades are drawn." I am a lesbian, but I cannot say that I have ever witnessed a heterosexual sex scene in a movie and walked away saying "Gee, those filmmakers sure were impolite to show sex between a man and a woman." Unfortunately, intolerance, ignorance and homophobia live on, even among members of our profession.

Angela K. Williams  
Austin, TX

### Author's Response:

To me, it was lovely for Fanny Flagg, Jessica Tandy, Kathy Bates and all the inhabitants of Whistle Stop, Alabama, to accept Ruth and Idgie's "marriage" without peeking into their bedroom. As Williams implies, the restraint may well have represented a certain squeamishness about offending the homophobic, but the effect nonetheless was to make the lesbian relationship acceptable to an enormous audience, and to keep the focus on the friendship rather than the sexuality. I thought it was a touch of admirable subtlety. After all, we really don't have to see George and Barbara Bush in bed on the evening news each night to know they're married.

Frank Pittman  
Atlanta, GA



## TOOLS FOR FAMILY ASSESSMENT

### MacGenogram (Macintosh) Genogram-Maker (IBM)

This standard version easily and quickly produces by computer high quality, professional genograms using conventions in McGoldrick & Gerson's *Genograms in Family Assessment*. Individual-\$90, Institutions-\$120. Demo: \$25. \$5 for handling.

### MacGenogram Plus Genogram-Maker Plus

This deluxe version does everything the standard version does but also allows you to enter genogram information, e.g., name, age, etc. into data files. This information can then be exported to a spreadsheet or data-base application. The Plus was designed for anyone who wants a data-base organized around the genogram. Individuals-\$150, Institutions \$200. Demo-\$40. Upgrade from standard version: Individuals-\$60; Institutions-\$80. \$5 for handling.

### AutoGenogram (Mac/IBM)

This input program allows clients to easily enter family information & automatically generate & print genograms. A genogram file is saved that can be read and modified by both versions of MacGenogram & Genogram-Maker. Completely customizable. You determine which parts of the family & questions to ask. Starter kit: 50 uses-\$100. Unlimited usage: Individual-\$350, Institutions-\$400. Demo: 5 uses-\$25. \$5 for handling.

### Family Pattern Analyzer

(Mac/Available on IBM by end of the year) Computer software for analyzing multi-generational family patterns. Clients either complete paper Checklist or enter information directly into the computer. A Family Pattern Report is then generated by the computer that provides a comprehensive description of possible family patterns, written from client's point of view. Demo: 1 Report-\$25. Starter kit: 10 Reports-\$100. Unlimited usage: Individuals-\$400, Institutions-\$450. 10 paper Checklists-\$20. Add \$5 for handling.

**Equipment required for all software:** Work on all Macintosh computers and printers. IBM-compatible computers need a mouse, 1 MEG of RAM, Hard Disk, AT(286 or 386) CPU. Printers supported: Epson, Laserjet, Postscript, Prowriter. Most clones work. If in doubt, order demo. No refunds:

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Software license for one computer only.

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\* ALSO ADMITTED IN MD.  
\* ADMITTED IN PA.

September 4, 1992

Commissioner of Patents  
& Trademarks  
Washington, D.C. 20231

Re: Mark: PAIRS  
Registration No. 1,442,482

Dear Sir:

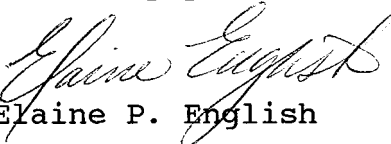
Enclosed is a combined Affidavit of Use and Incontestability under Sections 8 and 15 for the registered mark, "PAIRS," owned by the PAIRS Foundation, Ltd.

Also enclosed is a check for the filing fee of \$200.00, a power of attorney appointing this firm to represent the owner, and three examples showing current use of the mark.

If there are any problems or questions regarding this filing, please contact me right away.

Thank you for your assistance.

Sincerely yours,

  
Elaine P. English

Enclosures



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3. Applicant:  
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4. Publication Date:  
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