



THE VIBRANT RELATIONSHIP A Handbook for Couples and Therapists

BY KIRSTEN SEIDENFADEN
AND PIET DRAIBY

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There is no quick and easy way to a mature, strong, and mindful relationship. The journey consists of small steps towards creating increasing confidence as you learn to counter your old habits, survival strategies, and seemingly uncontrollable emotions. However, part of the process is also discovering the way in which differences can be enriching for your relationship, rather than threatening. All this is to be learnt. In *The Vibrant Relationship*, Piet Draiby and Kirsten Seidenfaden show us how this is done. The book is structured in a clear way containing a theoretical part and a practical part of exercises showing some simple easy-to-follow tools that may help you to stay in, or return to, a loving and vibrant relationship for the rest of your life. *The Vibrant Relationship* is an optimistic book about new possibilities, just in your reach.

‘This book is a manual in the true sense of the word. It offers practical advice and important background information for when your relationship is failing or when dreams and vitality are on standby, and can help you get back on track towards making your life together, what you hoped it would be at the beginning of your relationship.’

From the Introduction

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- It is never too late to have a good relationship
- Why do we get lost in love?
- The evolutionary spiral of relationships
- What are you carrying in your baggage?
- The ability to love is formed during infancy
- Your brain is a partner as well as an opponent
- Pathways to the vibrant relationship
- Conflicts are pure gold
- Before the dialogue of acknowledgement
- The dialogue of acknowledgment step by step
- New ways of being
- New steps - for the rest of our lives
- Relationship: our life together

About the Authors

Kirsten Seidenfaden graduated in clinical psychology from the University of Copenhagen in 1976. She has an additional specialization in psychotherapy and supervision and further training in systemic consultation and family therapy, psychodynamic therapy and relational therapy for couples. In 1998 Kirsten Seidenfaden founded the Danish Imago Institute and in 2004 the Centre for Relational Therapy. For more than ten years the centre has been running courses for couples and parents, as well as further training in Relational Focused Therapy for psychotherapists, psychologists, and psychiatrists.

Piet Draiby graduated as a medical doctor in 1972. He is GP and supervisor with additional specialization in Child and Adolescent psychiatry. He was head of an outpatient clinic for adolescent psychiatry for many years and is presently in private practice. He also trained in psychodynamic therapy, gestalt therapy, systemic family therapy and therapy for children and couples.

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