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Greater Hartford

New Book Offers Wisdom for Couples: "Transforming Relationships, Come As You Are"

People

Submitted by Lynn Luczkowski, Hartford Family Institute, on 2010-01-15.

Through their own therapy, training, and years of working with couples, therapists Donna Baker-Gilroy, Psy.D., LPC, and her husband David Gilroy, Psy.D., LPC have discovered, and are now sharing the key elements that make transforming relationships possible.

"We all want to feel loved, understood and safe and we have also learned that when anger and blame are the predominant modes of communication, a relationship is doomed to fail," said Donna Baker-Gilroy. "Couples become more and more entrenched in proving "I'm right, therefore you are wrong. In this belief system there is no safe place to exist. Understanding, love and safety become impossible dreams." That, in essence, is at the center of "Transforming Relationships: Come As You Are," co-authored by David and Donna who, as partners at the Hartford Family Institute's Center For Healing Arts in West Hartford, provide therapy and workshops for couples in conflict.

"Transforming Relationships" provides serves as a guide for couples to map the path from conflict to peace and helps answer the question, "Why should we try to work it out?"

With chapters titled, "Growing Apart," "Coming Together," "War and Peace" and "More Than Happily Ever After," the husband and wife authors share insights on the value and power of deep listening, validation of feelings, mindfulness and spiritual transformation.

The book also serves as a guide for living relationships with acceptance,



Submitted by D. Baker Gilroy

Through their own therapy, training, and years of working with couples, therapists Donna Baker-Gilroy, Psy.D., LPC, and her husband David Gilroy, Psy.D., LPC have co-authored a new book, "Transforming Relationships: Come As You Are."

compassion and authenticity rather than having to give up or change who you really are.

"We help people appreciate themselves and understand how the ways they have organized themselves physically, emotionally and spiritually were at one time the most effective solution to the dilemmas they faced growing up." added David Gilroy. "From this book, couples can learn to co-create an atmosphere in which they can each be met with deep understanding, and where there is usually the comforting surprise that both of them are frightened of the same thing. They can remember why they were attracted to each other in the first place."

The 90 page book, written as a guide for couples and as a model for therapists who work with couples, helps you understand that the way you feel is as much about yourself as it is about the other person, and offers ways to stop blaming each other and to take responsibility for your own feelings.

For more information contact David Gilroy or Donna Baker-Gilroy at the Hartford Family Institute 860 236-6009 or Lynn Luczkowski, Lynn@L2comm.biz.

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