

## Responsive Relationship Video Series Packages

Package	Description	VIDEOS INCLUDED			
		Session #	Module	Session Title	Run-Time (hh:mm:ss)
Marriage Readiness	Designed for engaged couples or those married less than 2 years, this package covers basic principles for honoring differences and establishing good habits for effective communication.	2	Honor Differences	Emotional Intelligence	00:30:12
		3	Honor Differences	Learning to Listen	00:22:23
		4	Honor Differences	Family of Origin	00:31:41
		7	Honor Differences	Gender Differences	00:28:03
		23	Initiate Responsiveness	The Welch Relationship Model	00:25:00
		24	Initiate Responsiveness	The Welch Responsive Cycle	00:30:56
Video Count:		6	Total Run-Time:		02:48:15
Marriage Refresh	Designed for married couples with a relatively healthy relationship experiencing intermittent irritations and frustrations, this package covers topics focused on establishing healthy boundaries and patterns during interactions in which vulnerability is present.	2	Honor Differences	Emotional Intelligence	00:30:12
		3	Honor Differences	Learning to Listen	00:22:23
		4	Honor Differences	Family of Origin	00:31:41
		5	Honor Differences	Attachment Tendencies	00:25:25
		6	Honor Differences	Progressive Growth Phases	00:21:11
		7	Honor Differences	Gender Differences	00:28:03
		23	Initiate Responsiveness	The Welch Relationship Model	00:25:00
		24	Initiate Responsiveness	The Welch Responsive Cycle	00:30:56
		25	Manage Conflict	Becoming Authentic	00:30:38
		26	Manage Conflict	Maintaining the Self and Dealing with Shame	00:27:23
Video Count:		10	Total Run-Time:		04:32:52

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Package	Description	VIDEOS INCLUDED			
		Session #	Module	Session Title	Run-Time (hh:mm:ss)
Marriage Revitalization	Designed for married couples experiencing enduring irritations and frustrations often causing emotional distance and withdrawal, this package covers topics to increase self-awareness, understand differences in gender and temperament, learn practical methods for regulating emotions and anxiety, and use tools to improve connection	1	Honor Differences	WRTA Framework and Objectives	00:28:26
		2	Honor Differences	Emotional Intelligence	00:30:12
		3	Honor Differences	Learning to Listen	00:22:23
		4	Honor Differences	Family of Origin	00:31:41
		5	Honor Differences	Attachment Tendencies	00:25:25
		6	Honor Differences	Progressive Growth Phases	00:21:11
		7	Honor Differences	Gender Differences	00:28:03
		8	Honor Differences	The Welch Responsive Temperament Assessment	00:28:21
		9	Honor Differences	Overview of DISC Temperaments and the Lion Temperament	00:22:43
		10	Honor Differences	The Otter Temperament	00:23:34
		11	Honor Differences	The Dog Temperament	00:21:12
		12	Honor Differences	The Owl Temperament	00:19:45
		22	Initiate Responsiveness	Learning to Respond Rather Than React	00:24:07
		23	Initiate Responsiveness	The Welch Relationship Model	00:25:00
		24	Initiate Responsiveness	The Welch Responsive Cycle	00:30:56
		25	Manage Conflict	Becoming Authentic	00:30:38
		26	Manage Conflict	Maintaining the Self and Dealing with Shame	00:27:23
		27	Respond Empathically	Overcoming Your Past	00:26:09
		28	Respond Empathically	Understanding Anxiety and its Effect on Reactivity	00:27:43
		29	Respond Empathically	Anxiety Management Techniques	00:26:58
Video Count:		20	Total Run-Time:		08:41:50

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Package	Description	VIDEOS INCLUDED			
		Session #	Module	Session Title	Run-Time (hh:mm:ss)
<i>Marriage Restructuring</i>	Designed for married couples desiring to renew, restore, or renovate their relationship, this package includes all videos within the Responsive Relationship Video Series	1	Honor Differences	WRTA Framework and Objectives	00:28:26
		2	Honor Differences	Emotional Intelligence	00:30:12
		3	Honor Differences	Learning to Listen	00:22:23
		4	Honor Differences	Family of Origin	00:31:41
		5	Honor Differences	Attachment Tendencies	00:25:25
		6	Honor Differences	Progressive Growth Phases	00:21:11
		7	Honor Differences	Gender Differences	00:28:03
		8	Honor Differences	The Welch Responsive Temperament Assessment	00:28:21
		9	Honor Differences	Overview of DISC Temperaments and the Lion Temperament	00:22:43
		10	Honor Differences	The Otter Temperament	00:23:34
		11	Honor Differences	The Dog Temperament	00:21:12
		12	Honor Differences	The Owl Temperament	00:19:45
		13	Initiate Responsiveness	Overview of Dimensions of Expression and Dimension 1: Outgoing vs Reserved	00:24:59
		14	Initiate Responsiveness	Dimension 2: Self-Controlled vs Anxious	00:26:42
		15	Initiate Responsiveness	Dimension 3: Upbeat vs. Sullen-Unhappy	00:16:41
		16	Initiate Responsiveness	Dimension 4: Assertive vs. Vulnerable	00:17:26
		17	Initiate Responsiveness	Dimension 5: Engaging vs. Withdrawn	00:23:22
		18	Initiate Responsiveness	Dimension 6: Agreeable vs. Aggressive	00:21:01
		19	Initiate Responsiveness	Dimension 7: Confident-Controlled vs. Tense-Frantic	00:23:01
		20	Initiate Responsiveness	Dimension 8: Caring-Concerned vs. Ambivalent	00:26:44

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		Session #	Module	Session Title	Run-Time (hh:mm:ss)
Marriage Restructuring	Designed for married couples desiring to renew, restore, or renovate their relationship, this package includes all videos within the Responsive Relationship Video Series	21	Initiate Responsiveness	Dimension 9: Resolved vs. Overwhelmed	00:26:05
		22	Initiate Responsiveness	Learning to Respond Rather Than React	00:24:07
		23	Initiate Responsiveness	The Welch Relationship Model	00:25:00
		24	Initiate Responsiveness	The Welch Responsive Cycle	00:30:56
		25	Manage Conflict	Becoming Authentic	00:30:38
		26	Manage Conflict	Maintaining the Self and Dealing with Shame	00:27:23
		27	Respond Empathically	Overcoming Your Past	00:26:09
		28	Respond Empathically	Understanding Anxiety and its Effect on Reactivity	00:27:43
		29	Respond Empathically	Anxiety Management Techniques	00:26:58
		30	Deepen Application	Bringing it All Together	00:28:40
Video Count:		30	Total Run-Time:		12:36:31