

# Is Two A Crowd?

- Mel Riley



onlineevents  
Learning Together Online

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## RESOURCE GUIDE

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# About Mel Riley

Couples work can be challenging but I also find it interesting and rewarding as we explore how well couples fit together or not. There are many themes I see in the work with couples, there is a saying that couples don't have lots of arguments they have the same argument over and over and some don't have anywhere enough arguments.

Often communication is an issue and there maybe the past playing out in the present. Working with couples allows both to hear each other's stories and make sense of how they see each other. Using a playful systemic approach, I aim to work with couples with curiosity and much care. I will talk about some of the following themes/issues that arise in my work with couples.



**Mel Riley**  
[meljriley.co.uk](http://meljriley.co.uk)

**Increasing and improving communication**  
**Exploring the wider context**  
**Couples who trigger each other's trauma.**  
**Restoring emotional closeness and intimacy**  
**Looking at your partner with new lenses**  
**Restoring play and curiosity**  
**Looking for shame land minds**  
**The stories we make up to avoid vulnerability.**  
**Mind reading and editing.**

**The stories we make up to avoid vulnerability.**  
**Mind reading and editing.**  
**Using the reflexive loop of time.**  
**Anger affairs and attachments**  
**Three types of Love**  
**Dominant stories and belief**

# Video



Brené Brown:

## Listening to shame

TED2012 · 20:38 · Filmed Mar 2012

37 subtitle languages ?

View interactive transcript



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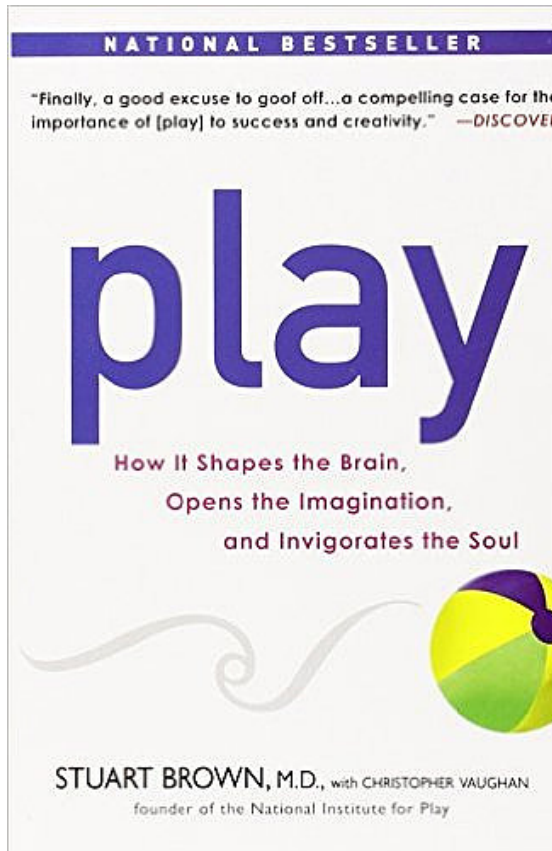
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# Recommend Reading

## Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul



Stuart Brown, a physician, psychiatrist and clinical researcher, has made a career of studying the effects of play on people and animals. His conclusion is that play is no less important than oxygen - and that it's a powerful force in nature that helps determine the likelihood of the very survival of the human race. Sprinkled with anecdotes demonstrating the play habits of subjects as diverse as polar bears and corporate CEOs, Brown and co-writer Vaughan present a compelling case for promoting play at every age.

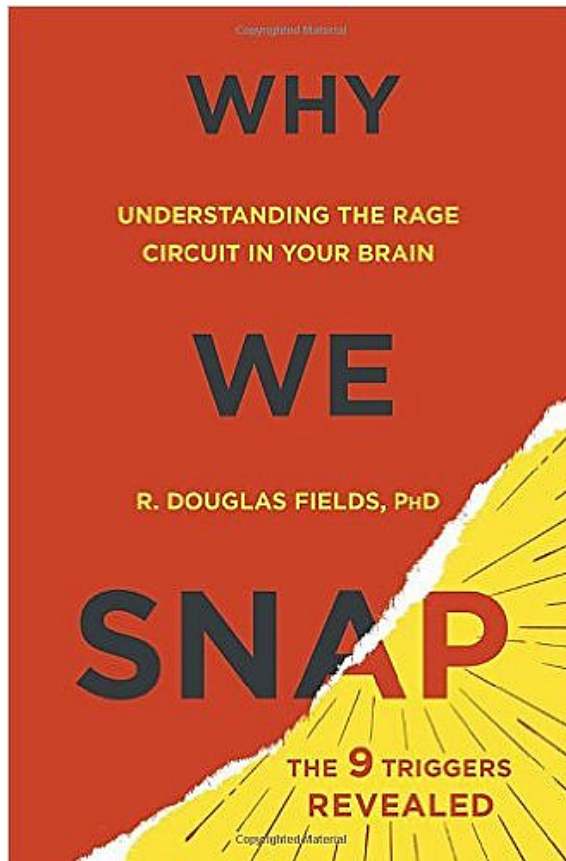
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# Recommend Reading

## Why We Snap : Understanding the Rage Circuit in Your Brain

According to Douglas Fields, we all have a rage circuit we can't fully control. The daily headlines are filled with examples of otherwise rational people suddenly snapping. In Why We Snap, internationally recognised neurobiologist Dr. Douglas Fields explains the fascinating science behind how and why this happens, and presents a compelling investigation on the biological basis of rage. He also shows how this can be prevented, how we can avoid triggers and protect both ourselves and other people from rage.

[CLICK HERE FOR MORE DETAILS](#)



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# Contact

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