

# Voice Dialogue

## Level II Training Program

# Bonding Patterns

In **Bonding Patterns**,  
a set of selves take over the relationship  
and do not allow for expression of  
a full range of selves and choices in the relationship.



### *You Will Learn . . .*

What the characteristics of Bonding Patterns are.

How to recognize them.

What the positive and negative bonding patterns are.

What the gift is.

How we disengage from Bonding Patterns. What is the way out?

awareness -- to see my inner selves within the larger field of selves in which people relate and in which we all develop. This training was just the ticket for me as I grow myself personally and professionally." Joanie Hesse

"My inner selves did not arise in a vacuum nor do they live in one now. Ann's training in Bonding Patterns helps me to broaden my

“There is a natural ebb and flow in relationship, a movement between intimacy and distance. Even the most ideal relationships have moments in which intimacy is interrupted and good will is in short supply. As we studied the rhythms of relationship and these periods of discomfort, we discovered certain predictable patterns in all of them. We see these patterns as the dance of the selves in relationship, a dance in which the selves, rather than the people, interact.

We named these interactions “bonding patterns” because they are automatic, archetypal parent/child interactions, like the bonding that takes place between a parent and an infant. These bonding patterns are our natural instinctual patterns for receiving and giving nurture and love. There is nothing pathological about them. They are apparent in all relationships.”

- Dr. Hal and Dr. Sidra Stone  
Developers of Voice Dialogue Process

### Reactions from a past participant

“After taking Ann’s training in Bonding Patterns I finally “get” transference and counter transference, and in a way I can really appreciate and work with them. How enormously helpful to “get”: that transference and counter transference are normal, essential, and fundamental to all human interactions (not just the therapeutic setting); how they are of service in interaction; and how I can work with them and find their “gifts” (for both client and therapist) even when they seem to not be serving.”

- Joanie Hesse

**Monthly:** 1st Thursday from 10am-1pm

**Cost:** \$135/ month

**11 CEU’s**

**More information or to register visit:**  
[www.anndobbertin.com](http://www.anndobbertin.com), (301) 422-0101

Training is limited to 6 participants.

### Learn more about Voice Dialogue for Therapists:

[http://www.voicedialogue.org/articles/The\\_Dance\\_Of\\_The\\_Selves\\_In\\_Relationship.pdf](http://www.voicedialogue.org/articles/The_Dance_Of_The_Selves_In_Relationship.pdf)



**Ann Dobbertin, LCSW-C • Center . . . for Soul Work**  
3320 Stanford St.. • Hyattsville, MD 20783  
301-422-0101 • [anndobbertin@gmail.com](mailto:anndobbertin@gmail.com)  
[www.anndobbertin.com](http://www.anndobbertin.com)