

# Couples Retreat

Repair, Reconnect, and Revitalize the most important relationship in your life with a retreat designed for you.



## UPCOMING DATES:

### Starved Rock Lodge - Oglesby IL:

Apr. 25 & 26 2026, and Sep. 26 & 27, 2026

### The Geneva Inn - Lake Geneva, WI:

Jun. 27 & 28, 2026, and Nov 20 & 21, 2026



*REGISTER TODAY TO RESERVE YOUR SEAT!*

**Register at least 30 days prior to event. You will be responsible for booking your hotel room.**

To start the registration process, please fill out the [registration form](#) on our website. You may also call, text, or email Wesley. Kindly specify the dates you wish to attend, if available, we will promptly provide you with correspondence notifying you that you have secured your spot.

The total cost for this event is \$750.00 per couple. Early Birds, register at least 30 days in advance to get \$50 off.

Once we have received your registration form, we will send you a link to complete the initial paperwork including the couples' assessment and form for rendering payment. Once you complete the paperwork, a payment for \$375 is due. The remaining balance of \$375 will be invoiced at the end of the retreat. Alternatively, you may opt to mail a check to our US Postal Address. We strive to remain flexible to accommodate your needs.

## Complete your assessment and reading material before the event

Each couple is given a Russ Harris Act in Love Book and a John Gottman Seven Principles of Marriage Books. It is recommended that you read these books or parts of them to build a better knowledge of best evidenced based theories and practices in successful marriages.

## Hosted By: Wesley Dapkus, M.A. LMFT, LCPC

Wesley is the owner of the White Oak Institute for Growth and Wellness. He graduated with a Master's degree from Pepperdine University in 2001 and, seven years later, completed a 3-year post-master's Marriage and Family Therapy Training in pursuit of his second full professional license.

Wes has twenty years of experience helping relationships thrive. These Saturday/Sunday weekend couples' retreats consist of six process and educational sessions within the 16 hour weekend Retreat Itinerary. An additional fun event is often offered by the guest staff member who accompanies Wesley.



[whiteoakinstitute@gmail.com](mailto:whiteoakinstitute@gmail.com)

Call or text: 815-258-0950

# Today's Marriages face many challenges

We will help you navigate your relationship by giving you a relationship compass and tools for when you get lost at sea.

## Retreat Itinerary

By Wesley R Dapkus, M.A. LMFT, LCPC

### SATURDAY

8:30 AM -9:00 AM

**Arrival at the designated on site conference room**

9:00 AM -10:45 AM

**Meet and Greet and Reading Recap:** Introductions made and the Seven Principles of Marriage (Gottman) & Russ Harris's Act in Love recapped. The value of commitment to contribution, caring, and connection is discussed.

11:00 AM - 1:00 PM

**Bridge Over Muddy Waters:**

Learn how to repair past hurts and resolve conflicts in the present. Using the past "muddy waters" to help build a bridge to a brighter future together by being emotionally validating, understanding logical perspectives, and connecting deeply. Best practices in communication, listening, and resolving conflict are learned in large and small groups.

1:00 PM -2:00 PM **Lunch Break**



2:00 PM - 3:15 PM

**Men and Women in Marriage:**

We split into men only and women only groups to process the trials and tribulations of your roles in your marriage. Values are identified and discussed.

3:30 PM - 5:00 PM

**Fun Event:**

Paint a portrait or other painting representing your partner.

### SUNDAY

8:30 AM -9:00 AM

**Arrival at the designated on site conference room.**

9:00 AM -11:30

**Emotional Regulation Activities and Forgiveness Ritual:**

You will learn Guided Imagery, Anger Management, and Breathworks to help regulate triggering moments so you can best manage your selves as needed. A forgiveness act will be learned and then practiced in private with each other.

11:45 AM - 1:00 PM

**Understanding the Third Person in the Marriage-The Relationship, Common Cycling, and their Cures:**

You will learn to identify and manage dysfunctional patterns including Criticism, Defensiveness, Contempt, and Stonewalling within small group and fun activities.

1:00 PM -2:00 PM **Lunch Break**

2:00 PM - 3:00 PM

**Play Together and Stay Together:**

It is true that couples that play together stay together! Here we will process our friendship depth, fondness, and connection as couples in a group.

3:15 PM - 4:30 PM

**Optional Fun Event:**

Hiking, Boat Tour of Lake, Dinner, or other event paid by the host.

