Doing Imago Relationship Therapy in the Space Between,
by Harville & Helen Hendrix, W.W Norton & Company, 4/20/2021

Getting the Love You Want, a Guide for Couples, by Harville & Helen Hendrix,
St Martin’s Press, 12/2007

Summary, from https://imagorelationships.org/

Imago Relationship Therapy, developed by Dr. Harville Hendrix and Dr. Helen LaKelly Hunt in 1980, is a form of relationship and couples therapy that focuses on transforming conflict into healing and growth through relational connection.

There is frequently a connection between frustrations in adult relationships and early childhood experiences. Childhood feelings of abandonment, suppression or neglect will often arise in a marriage or committed relationship. When such “core issues” repeatedly come up with a partner, they can overshadow all that is good in a relationship and leave one to wonder whether he or she has chosen the right mate.

Through Imago Relationship Therapy, couples can understand each other’s feelings and “childhood wounds” more empathically, allowing them to heal themselves and their relationships and move toward a more “Conscious Relationship.”

As illustrated in Dr. Hendrix’s New York Times bestselling book, Getting the Love You Want: A Guide for Couples, learning and teaching the “Imago Dialogue” allows couples to move from blame and reactivity, to understanding and empathy, so they can create a deeper and loving connection with each other.