



## The Origins of Safe Conversations

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In 2010, Harville Hendrix, Ph.D., and Helen LeKelly Hunt, Ph.D., met with a group of friends and colleagues who were fellow relationship scientists, counselors, and advocates. The group discussed ways to make relationship education available to the public, not limited to a therapy clinic, so people would have access to teachable skills before they had relationships in crisis.

The group charged Harville and Helen to begin the project with their process called Safe Conversations®. Dallas was selected as the location to begin the social experiment, and the initial workshops were received with wild success. Soon after, the organization was established, and a Leader Training Program was developed. Now, Safe Conversations has Trained Leaders around the world

offering workshops and sharing the proven process in communities everywhere.

Below is a breakdown of how Safe Conversations began, and the steps taken to get it to where it is today:

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**2010**

## **First Think Tank**

Top relationship scientists first met in August 2010 to find a way to get the relational sciences out of the therapy office and into the culture

**2011**

## **Adopted Two-Fold Mission**

The think tank met twice a year and decided to:

- 1) *Impact the culture with the value of healthy relationships.*
- 2) *Be a repository for state-of-the-art relational information/research.*

**2012**

## **Beyond Couples**

The think tank agreed that being in relationship is our fundamental essence. Relationships are not limited to couples, and the organization wouldn't be either.

**2013**

## **An Official Nonprofit**

The organization was named Relationships First and became a 501(c)(3) on November 7, 2013, with a board of directors and working committees.

**2014**

## **Selected Dallas to Begin**

The need in Dallas was partly defined by the divorce rates in Dallas ranking among the top 10 cities across the nation.

**2015**

## **Engaged the Community**

Workshops began - 2,400 adults and 500 children attended. 60 mental health providers and 150 community members volunteered. 100+ city organizations and churches partnered. Research about the impact began.

**2016**

## **International Stage**

Safe Conversations streamed a live event on February 11, 2016 where 2,100 parents and kids attended. 15,000 watched online in 38 countries.

**2017**

## **Growth of Programs**

Drs. Hendrix and Hunt published *The Space Between*. Workshops continued and became available digitally. The Leader Training Program grew.

**2018**

## **Focus Areas Identified**

Five key areas to work with were identified: *couples, communities, centers of faith, classrooms, and corporations*. Materials were translated into 10 languages.

**2019**

## **Corporate Workshops Began**

The first corporate workshop was held in New York City at Vice Media. 100% of participants said they would use SC when talking with their coworkers.

**2020**

## **For the Public Benefit**

Safe Conversations formed as a for-profit public benefit corporation to better meet the needs of those all over the globe seeking relationship support.

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What began as a social experiment has become a full-fledged entity organized for one purpose: ***to help bring about a relational culture in which relationship is the primary value, equality is universal, difference is celebrated, and all conversations are safe and collaborative.***