The Talmud tells us our whole purpose in life is to bring peace into the world,” says Rabbi Elimelech Silberberg. “And you can’t do that without peace in your marriage.”

Motivated by the premise that marriage is a divine providence, Rabbi Silberberg says his congregation will host “Getting the Relationship You Want,” a daylong workshop to help couples learn how their marriage holds the key to personal happiness.

The workshop will be held Sunday, Jan. 21, at the Sara Tugman Bais Chabad Torah Center. It will include discussion of communication skills, spousal compassion, fulfillment in marriage and utilizing marriage for emotional healing and growth.

Rabbi Shmuel Stauber and his wife Rivka Zahler-Stauber, certified Imago relationship therapists, will lead the workshop. Imago therapy is based on the theory that individuals carry inside themselves an image of intense relationships both with their parents and between their parents.

“These are the relationships that should last forever,” he says. “They form the template, or imago, for our own relationships.”

The workshop will include segments of guided imagery to move what is in the unconscious to the conscious level — so memories of parental relationships can be realized.

“This is not just inspirational or sermonic,” Rabbi Stauber says. A misconception is that the workshop is for those with troubled marriages, he adds. “The point is to get a glimpse of what’s possible in all marriages.”

Only about 1,500 Americans are trained in Imago therapy, but much fewer have studied the additional two years required to present the workshop. Rabbi Stauber and his wife may be the best proponents of the workshop, having been introduced to the therapy method as suspicious participants.

“We went for our own relationship,” he says. “I went as a real skeptic, and left with a complete paradigm shift and trained side-by-side, hour-by-hour with my wife to lead our own workshops.”

Rabbi Stauber also will speak on relationships on Saturday, Jan. 20, at the synagogue, a talk that can stand alone or act as a segue to the Sunday workshop.

A program of the Torah Center’s Hyman and Sonia Blumenstein Outreach Institute, the Staubers’ visit will be co-sponsored by Dr. Claude and Rivka Schochet in memory of Yenta Baila bas Velvel Schochet.