

Hypnotically Enhanced Intimacy

Full Day Workshop with **Bob Dick, PhD, CGP, AC**
Forty-five years of experience a Therapist's Therapist

Individuals & Couples will learn/strengthen self-hypnotic skills and explore a practical approach to finding and adjusting strategies and tactics leading to deeper friendship and intimacy. Lunch is provided.

Friday, Oct 24, 2014 (Next Full Day Hypnosis Groups Feb & June, 2015)
9:00AM – 5:00PM. Limit: 12 participants, at my Chatham County Cabin.
Individuals \$130. and Couples \$240. in advance (\$10. less for my clients)

Among other important perspectives, we'll explore how: 1) "Love " is different from "in-love" in all relationships; 2) Each person/partner is 50% responsible for and 50% in control of the relationship between them; 3) Each person/partner is 100% responsible for self-regulation of their own thoughts, feelings, and behaviors, and of the values, beliefs, the assumptions on which these processes are based; 4) To use simple approaches to transform negative energy into positive (for example, using the right "Love Language"; finding the hurt, fear and love underneath anger; Re-Framing; 5) To develop the three skills [openness, honesty, and directness], necessary for intimate emotional communication; and 6) Each person/couple cooperatively creates the unique issues and "story" of their relationship.

There will be handouts, mini-lectures, and we'll also practice specific exercises to help you be **loving** and **stay loving, quite different from being In-Love.**

Emphasis will be on experiential learning, rather than on conscious information, rules, cultural roles or expectations. If possible, participants should bring a digital audio, smart phone or MP3 recorder to keep the group inductions and their personal work to deepen understanding and practice.

Non-refundable if you do not attend, and Outside of Network insurance reimbursable only if you are already my client. Directions will be Emailed or snail mailed on receipt of payment.