

WISDOM THERAPY FOR COUPLES

8 WEEKS - THURSDAYS 7:00-9:00 P.M. OCTOBER 16 TO DECEMBER 11



WISDOM THERAPY INSTITUTE

WWW.WISDOMTHERAPY.COM

In This Course, You Will Learn:

- How to cultivate listening and presence as wonderful gifts you can offer yourself and your partner
- Tools for creative problem solving and the specific beliefs and behaviors that tend to give rise to argument and conflict
- To foster compassion, let go of judgments, and learn to forgive yourself and your partner
- To explore negative beliefs and patterns, and begin to develop new ways of relating that allows for greater intimacy and expression
- How to move from defensive positioning to openness and acceptance
- To rediscover your strengths, individually and as a couple
- Deep breathing and relaxation techniques
- To examine the wisdom of exemplar couples and begin to apply this wisdom in your life, including communication and conflict resolution

Call Dr. Valerie Sher at 650-324-9484, ext. 3 for more information.

Early Registration prior to September 16th is \$400 per couple for the 8 weeks,
Consequent registration is sliding scale from \$450-560.

Facilitated by Valerie Sher, Ph.D. (PSB 33573), and Drew Krafcik, MA, AAPC (#11911).
Supervised by Shani Robins, Ph.D. (PSY 18795).

Dr. Valerie Sher specializes in working with individuals and couples to learn how their past affects the present and create the future they desire while reconnecting to a deeper, integrated, lived experience that allows for greater intimacy and joyful living. She is also a health educator on couples communication, stress management and a long-term practitioner of wisdom therapy and mindfulness.

Drew Krafcik, MA, specializes in helping individuals and couples expand self and other awareness, learn compassionate communication, increase authenticity and lessen external blame, cultivate innate wisdom, and integrate these insights into enhanced individual and shared wellbeing. He has worked for years as an educator and counselor for individuals and couples at the end of life.

Phone: 650-324-9484

Fax: 650-324-1469

Email: Valerie@wisdomtherapy.com

Wisdom Therapy Institute
438 Cambridge Ave. Suite 120
Palo Alto, CA 94306