

The Center for Integrative Psychology

At Alliant International University presents

Mindfulness and Intimate Relationships



Please join us for an evening exploring mindfulness and intimate relationships. As Valentine's Day approaches, romantic relationships come to mind. Personal and clinical applications will be considered as we discuss how mindfulness practices allow us to deepen understanding and intimacy in our most important relationships. Dharma teacher Larry Ward, psychology professor Marina Dorian and doctoral researcher Nate Bohy will facilitate our evening discussion.

Marina Dorian, Ph.D. is an assistant professor of clinical psychology at Alliant International University, California School of Professional Psychology. Her research and clinical interests include couple and family therapy, family stress and resilience, mindfulness and acceptance. She teaches courses in family therapy and integrative psychology and is currently studying the incorporation of mindfulness into clinical training. Dr. Dorian has been a mindfulness practitioner in the tradition of Thich Nhat Hanh for over five years and is a member of a local sangha.

Larry Ward is co-author of *Love's Garden – A Guide to Mindful Relationships* with his wife Peggy Rowe Ward. Deeply inspired by Dr. Martin Luther King, Jr., Larry has spent his life committed to non-violent social change, healing, and transformation on a global level. Larry can be heard periodically on the NPR broadcast "Brother Thay." Together with his wife, they direct The Lotus Institute, a nonprofit organization dedicated to cultivating the mind of love through retreats and education. Larry Ward is a leading proponent of Engaged Buddhism in the United States and leads retreats around the world.

Nate Bohy, M.A., Nate Bohy, M.A., a doctoral candidate in clinical psychology at Alliant International University, sits on the steering committee of the Center for Integrative Psychology. His clinical interests include integrating dialogical and mindfulness-based approaches in working with couples. His doctoral research describes the experiences that couples report during and after workshops of **Mindfulness Based Relationship Enhancement**. Nate will frame his presentation with the factors of "relationship resilience," as published by John Gottman and colleagues.



Friday, **February 5th**, 2009
6:30pm - 8:30pm (Green Hall)

~ Wine and Cheese reception begins at 6:00pm ~

CSPP at Alliant Intl University

Scripps Ranch Campus
10455 Pomerado Road
Scripps Ranch, 92131

Click www.integrativepsychology.net to RSVP for Reservation, Information and Directions

Discovery, Conversation, Learning, Friendship and Community