

The Center for Integrative Psychology

At Alliant International University presents

Integral Couples Counseling: The Dynamic Context of Intimacy & Regression



Many clinicians find Couples Therapy a difficult modality. The romantic relationship is a unique expression of individual and collective dynamics where regression and intensity are at a peak. Borrowing from Ken Wilber's Integral model, Dr. Habib conceptualizes an integrative theory of the intimate relationship leading to interventions informed by using all quadrants, lines, and levels of development encountered in the dyadic unit.

The Integral Couples Counseling Seminar invites individuals, couples and therapists to learn strategies which address relationships and how they extend beyond the dyad. This seminar will provide systemic focus concerning the central role of dyadic regression, while providing specific techniques on how to stabilize and enhance these processes. We will assess collective cultural messages that both help and hurt many couples' ability to feel love and contentment for the beloved. For example, the discrepancy between

what a couple expects from marriage and how well they cope with the limitations of the ideal, needlessly diminishes their experience. Specific interventions will be described that go well beyond communications skills training.

Separations, couples conflict, and the often heard need to deepen communication and intimacy will be addressed.

Tom Habib, Ph.D. is a skilled Clinical Psychologist, founder, and managing partner of Mission Psychological Consultants, Inc. (MPCCares.com). MPC is an integrated group of Psychologists, Psychiatrists and Interns striving to coordinate and maintain clear communication throughout the tapestry of services provided. MPC does not accept third party payments or interference. Dr. Habib has developed a model for marital therapy during his 25 years of experience utilized throughout MPC. He is also the author of *If These Walls Could Talk*.



Friday, **April 2nd**, 2010

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