

Intimacy: Boundaries and Barriers

a two-hour seminar with
internationally-known speaker, healer and psychotherapist
Dorothy Martin-Neville, PhD
Monday, March 23rd, 2009 from 7:00 – 9:00 pm
The Center at Westwoods, Westwood, MA
call (781) 329-0711 to register

Many of us are searching for that intimate connection with others - that connection that will make our lives feel full and allow us to feel fully seen and valued, loved, and appreciated for who we truly are. The difficulties in achieving that level of connection however can appear too great to overcome since we have never been taught how to achieve it.

Boundaries: a necessary element of intimacy. Ironically, it takes two individuals to achieve it and yet one real hazard, or tendency, is in giving too much of ourselves away so that we eventually disappear in our relationships. We get lost in our lives, and in taking care of others. We need to learn to set boundaries. We need an "I" before we can achieve "we."

Barriers: intimacy can include our fear of rejection if someone knows us too well. Resentment, often misplaced, can develop in relationships causing us to see the "other" as a potential threat or even enemy who wants to control us.

Understanding how each of us, individually, support or inhibit our ability for connection can make us free to create it, develop it, or sustain it. Come learn, what your mother never taught you, and give your self the chance to have that connection you have always wanted and understand why it may not exist in your life now.

Dr. Martin-Neville will schedule individual and couple appointments from 9:00 am – 5:00 pm on Tuesday, March 24th, at The Center at Westwoods. Her rate is \$150.00 per hour.