HARTFORD FAMILY INSTITUTE

CENTER FOR PSYCHOTHERAPY & HEALING ARTS

HFI Human Relations Training Program

Seeking change within yourself, your professional life, your relationships?

Your life experiences impact who you are, how you are, the friendships you have, the work you do, and your success in life. This program provides an unparalleled understanding of human dynamics.

Visit hartfordfamilyinstitute.com to register for a free introductory workshop to explore the HFI Human Relations Training Program.

LEARN HOW TO:

- Work with less effort and more satisfaction
- Improve relationships through conflict resolution
- Make changes in your career, health and finances
- Develop tools for transformation
- Access your core wisdom
- Learn the newest in brain development
- Learn why self-exploration is essential to joyful living

THIS PROGRAM WILL HELP YOU:

- Communicate effectively
- Clear old patterns and beliefs
- Learn self acceptance
- Learn to deeply understand yourself and others
- Clear blocks to aliveness
- Listen and trust your intuition
- Find meaning and purpose in your life

"Hartford Family Institute's Human Relations Program is nothing less than life changing. I am a richer more fully alive person for having gone through the program."

– Donna Berman, Ph.D

Human Relations Training Program Format

Following an opening weekend in September, HRP meets for 27 Wednesday evenings through the fall, winter, and spring, plus two Saturday workshops. In addition, participants may attend optional weekend workshops and/or a 5-day residential workshop in the spring.

There are two levels to the program.

Level I

Level I is a one-year program that will teach you the fundamentals of HFI Body-Centered Psychotherapy, and how to integrate what you learn into your personal and professional growth. This is an exciting, cutting-edge therapy that allows for change and growth at the core of one's being. During the first half of each evening, you will be taught this dynamic therapy/healing process through lecture and demonstration. The second half of the evening is devoted to a trainer-facilitated group discussion of the material and how to apply it to interpersonal relationships, personal issues and professional interactions. The groups are small (8-9 students) to provide optimal support and opportunity for each participant. Students receive a certificate of completion at the end of the one-year program and if criteria are met in the understanding and integration of the Level I material, students may advance to Level II.

Level II

Level II deepens students' understanding and ability to use the skills learned in Level I. The basic format remains the same: in the first half of the evening, you will attend weekly advanced lecture/demonstration sessions, followed by group process in the second half, allowing you to deepen the work on your personal concerns and issues. A certificate of completion is granted at the end of the program year.

Optional Workshops

Optional weekend workshops and the Spring Intensive are available to all HRP students.

Visit our website for complete details and workshop descriptions.

Human Relations Training Program Trainers

All our trainers are graduates of the Professional Training Program in Body-Centered Psychotherapy. Each trainer is a licensed psychotherapist and is required to continue in individual personal and professional growth in order to remain on staff. Each brings his/her own creativity and unique talents to the HRP training program.

Weekly Trainers

Denise Soucie, LPC

David Hovey, Psy. D., LPC

Stuart Alpert, Psy. D., LCSW, co-founder

Naomi Lubin-Alpert, Psy. D., LMFT, co-founder

David Gilroy, Psy. D., LPC

Donna Baker-Gilroy, Psy. D., LPC

Weekend Workshop Leaders

Dori L. Gatter, Psy.D., LPC, HRP Director

Denise Soucie, LPC

Stuart Alpert, Psy. D., LCSW, co-founder

Naomi Lubin-Alpert, Psy. D., LMFT, co-founder

David Gilroy, Psy. D., LPC

Donna Baker-Gilroy, Psy. D., LPC

Margaret Vasington, LPC

Dorothy Mason, LPC

Dan Leven, RSMT

Wendy DeRosa