

An Online, Zoom Workshop
**Coming Home to Yourself...A Journey to Self-Acceptance,
Love, and Wisdom**

Stuart Alpert Psy.D., LCSW and Naomi Lubin-Alpert Psy.D., LMFT

Saturday July 23 through Thursday July 28

**Imagine starting your day feeling fully alive, in love with yourself,
motivated and connected to the world.**

Do you want an unparalleled understanding of the blocks that keep you from feeling fully alive? Imagine what it would be like to be able to eliminate those blocks that prevent you from feeling this way. Finally, imagine feeling totally safe and fully in support of yourself. This is what the workshop is all about.

In this workshop we integrate the science and the soul of psychotherapy as we work with all physical, emotional and relationship issues, guiding participants through a transformational process. The science of our work originates from our study of the molecular structure of emotional issues and physical illness. The soul of our work originates from our many years of study with Indigenous Healers and Mindfulness Practitioners.

People from all walks of life are welcome to attend the workshop. Besides personal growth, therapists and healers who attend will also gain a deeper understanding of the transformational process for their clients.

CEU'S AVAILABLE

Stuart and Naomi are two of the founding partners of **Hartford Family Institute and the co-creators of HFI Body-Centered Psychotherapy.** Naomi and Stuart have practiced and taught this therapy in West Hartford, CT., Kansas City, MO., New York City, Canada, and Europe. Stuart has authored two books, "**What To Do Until Enlightenment, Healing Ourselves...Healing The Earth**" and "**Roads Back in Time...Seeing The Invisible and Healing the Impossible.**" Both books are available at HFI, through the HFI website, or on Amazon. Naomi has authored several clinical papers in the HFI Training Manual.

Fee: \$995.00. **Deposit:** \$300.00. To reserve your place in the workshop, call 860-236-6009 or email us at info@hartfordfamilyinstitute.com. Send your check to **HFI 17 S. Highland St. West Hartford, CT 06119** or pay by credit card. **Cancellation:** Prior to July 1 we retain \$75.00. After July 1 you are responsible for the entire fee.