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EMPOWERMENT



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**April 18th 2013: Meditative Psychotherapy**

Dr. Jeffrey Rubin, a leader in integrating Western psychotherapy and Eastern meditation, will discuss how the marriage of meditation and psychotherapy can help you with your personal growth. The old stigma of seeing a psychotherapist is gone and there is growing interest in using skilled professionals for self improvement. This new approach is an ideal modality for dealing with blocks that hold you back and finding ways to generate more happiness and fulfillment. We will talk about the three dimensions of Meditative psychoanalysis: Listening, Understanding, and Liberated Intimacy. We will also e

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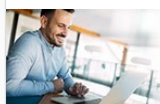
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