



The Goodfield Institute is offering several group meetings in 2010.

Group topics are:

1. READING THE NON-VERBAL LEAK

This group will focus on reading Non-Verbal messages. The participants NVL will be analyzed and explored with the goal of decoding the unconscious message and learning the method in doing it. This group has application on a personal and professional level. The theoretical basis and the practical techniques will compose these groups' regular activities. It is the goal of this group that each individual learns how to read not just his or her unconscious messages but that of others as well.

This topic will be given on 2 Saturdays in a row from 9:30 am - 2:30 PM. Bring your lunch with you. Fee \$250.-.

2. EXPLORING YOUR ADDICTION TO FOOD, ALCOHOL AND DRUGS.

The past prints pictures in our mind that influence what we see in our daily life. Past fearful events affect the way we are open to risk taking and growth in the present. The goal of this group is understanding, control and insight into past trauma's and old experience.

The meetings will be at 10 am - 12 pm or in the evening 7.30 – 9.30 pm. Fee \$250.- for 5 weeks. A minimum of 10 persons per group is required.

3. EXPLORING YOUR SEXUALITY

This small group focuses on the role of sexuality, sexual identification and sexual expression.

Sexuality is key to the interaction within any relationship. All relationships are on some level influenced by the person's sexual identification how he or she feels about one self.

Sexual expression often times reflects old learning some of which may be inappropriate as an adult here and now.

These three general areas will form the core for this six-week group.

The meetings will be at 10 am - 12 pm or in the evening 7.30 – 9.30 pm. Fee \$250.- for 5 weeks. A minimum of 10 persons per group is required.

4. EXPLORING YOUR RELATIONSHIP (COUPLES GROUP)

This group focuses on our interactions our assumptions and our expressions. We will explore the hidden beliefs that we have about relationships. The goal is to improve balance, contact and communication.

The meetings will be at 10 am - 12 pm or in the evening 7.30 – 9.30 pm. Fee \$250.- for 5 weeks. A minimum of 10 persons per group is required.

Let us know ASAP if you are interested in one of the topics. Also which time is suitable with your schedule. If none of these times are suitable but you want to participate please let us know that also.

When you bring a friend you will receive a 15% discount.

If you are interested in one of the groups let us know by e-mail goodfieldinstitute@mac.com

Private sessions with Dr. Goodfield available by appointment.