

WEBINAR WEDNESDAYS

Virtual Training Series

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Unveiling the Path to a Healthy Relationship: Overcoming Toxic Thoughts

Speaker: Dr Jeffrey Bernstein, Ph.D.

May 1st, 2024 | 12:00 – 1:30 pm CST

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Session Description

Discover the real reasons behind relationship breakdowns with renowned psychologist Dr. Jeffrey Bernstein in this eye-opening webinar. Learn about the nine toxic thought patterns that sabotage intimacy and trust, and gain insights into how distorted thinking can harm relationships.

Drawing from years of couples counseling success, Dr. Bernstein will share a simple yet powerful approach to break toxic thinking cycles, fostering positive problem-solving habits and coping mechanisms.

Explore topics like empathy, thought detoxification, fair conflict resolution, and emotional healing, with vivid examples that resonate with your work with couples. Don't miss this opportunity to transform your practice and help clients build healthier relationships.



THE
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