



# **AUTHENTIC ENGAGEMENT<sup>©</sup>**

## **A RADICAL WAY OF BEING IN THE WORLD**

**Bob Edelstein, LMFT, MFT**

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**Take a day to focus on self-discovery, personal growth and authentic relating.**

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This workshop offers individuals a safe place to give and receive feedback about who they are, and to experience and embody being more authentic.

In a small group, we will explore the deeper, existential questions of life, such as *Who am I? What do I need? Where am I going?* We will explore these questions gently and supportively, sharing our intentions, needs, fears and hopes. Our focus is on staying attuned to our inner experience and relating openly with others as we choose. In this process we will discover how we connect – with ourselves and with others.

The intension of this workshop is to support participants in gaining a deeper knowing of self, stronger connections with others, an increased sense of personal power, and a greater awareness of life and all its possibilities.

This workshop typically is scheduled from 9 am to 5 pm. Price is \$100. The groups goes out to lunch together; cost of lunch is additional. For more information or to be added to the contact list for the next time this workshop is offered, please contact:

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*Bob Edelstein, LMFT, MFT, maintains a private practice in Portland, Oregon. He has been a therapist for more than 30 years, providing individual, couple family and group therapy. He is also a consultant, supervisor and trainer for professionals who wish to incorporate the existential humanistic perspective in their work.*

*Bob deeply enjoys getting to know people and supporting them in discovering more of who they are. His accepting manner helps people confront difficult issues. His gentle humor brings a lightness to dealing with life's challenges.*