

Deepening Intimacy Workshop

Saturday, January 21

Dr. Pat Sheehan RN, MSN, PhD



Learn how to be more deeply connected to yourself and those with whom you want an intimate relationship



See how five fears can make it difficult to maintain an intimate relationship and discover your own level and type of fears of intimacy



Experience healing opportunities to go beyond the fears and into deeper intimacy

In this experiential workshop, Dr. Pat Sheehan will discuss intimacy and how five specific fears can make it difficult to maintain an intimate relationship as well as what we can do to diminish these fears. Using the *Sheehan Fear of Intimacy Assessment (SFIA)*, a questionnaire which measures the levels of the five fears, each person can assess the types and levels of their challenges with intimacy. This information and the healing experiences ~ guided imageries, metaphors, a sharing meditation, communication exercises, energy psychology, and more will be used to develop a personal intimacy enhancement plan.

Appropriate for couples or singles

10:00am – 4:00pm • \$75/individual ~ 125/couple

Body and Spirit Studio
7842 Melbourne Rd • Indianapolis 46268

Registration/Information:

Pat Sheehan

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