



COUPLES WORK AND SEX THERAPY

Barbara Molle, Ph.D.

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(707) 478-2892

I draw from over 30 years of Psychotherapy practice to help you with:

- Relationships
- Sexuality
- Communication and Intimacy

Learn to work through:

- Anger/Betrayal
- Lack of Desire
- Sexual Dysfunction
- Power Struggles
- Family Dynamics

Trained in Psychotherapy, Couples Work, Sex Therapy, Body Psychotherapy, Hypnosis, Yoga, Spiritual Work & Meditation, EFT, Breath Work, Coaching, and Emotional Intelligence.



DOORWAYS TO SOULWORK

San Rafael & El Cerrito (510) 524-0833

Anna Billings, Licensed Marriage & Family Therapist

www.soulworkjourneys.com

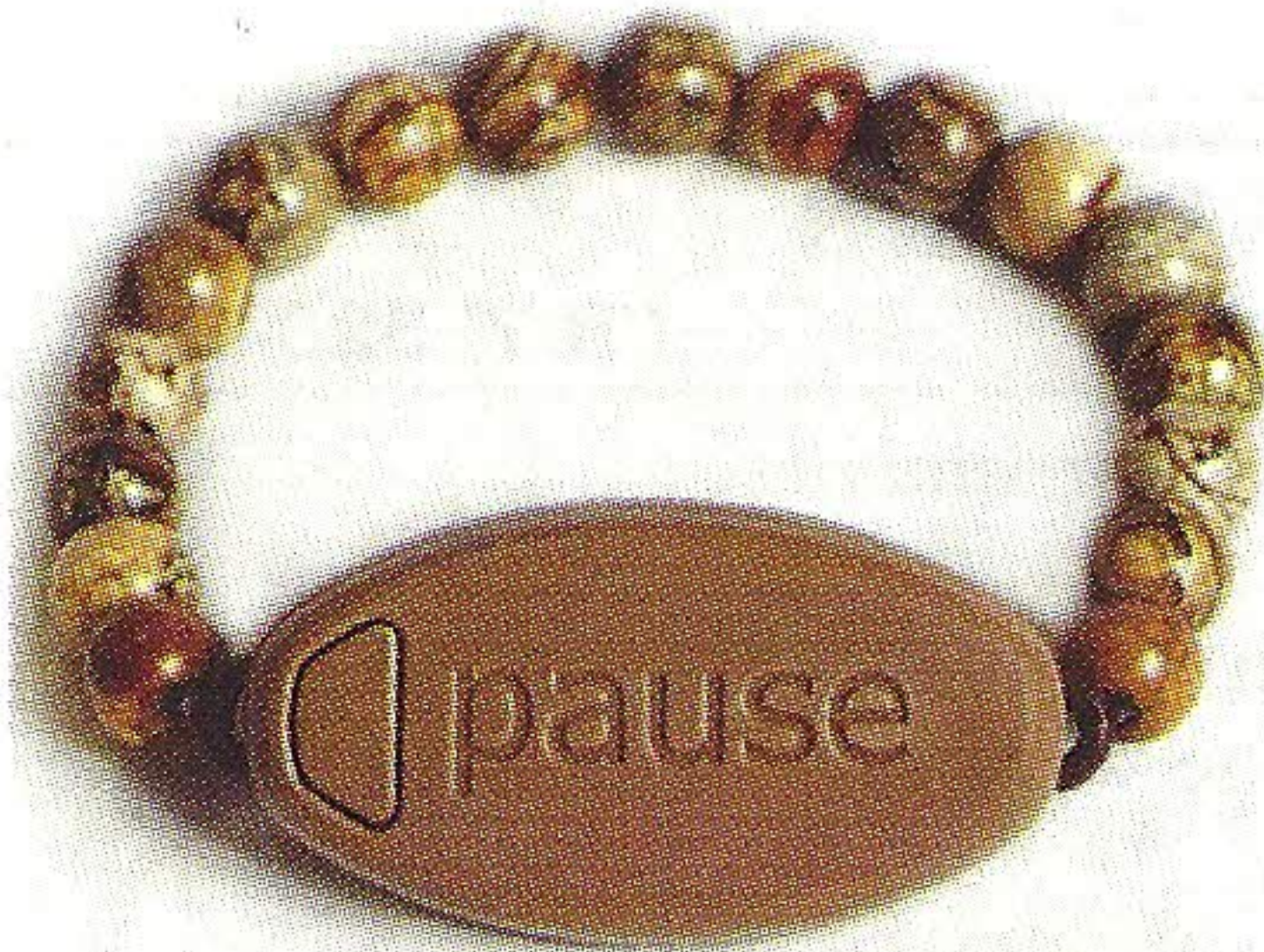
Longing for more intimate connections with yourself and others? For increased joy and creativity in your work and the freedom to fully be yourself in all that you do? The difficulties in life—relationship conflicts, job stress, loss, or major life transitions—are doorways to deeper inquiries or Soulwork, a transformational process of healing and personal development.

With 35 years professional experience, I customize my intuitive approach for each individual. Areas include self-esteem, relationship counseling, griefwork, EMDR, trauma release, career, and life fulfillment. I welcome your inquiries.

PAUSE FOR WHAT MATTERS MOST IN YOUR LIFE...

Meaning to Pause®

www.meaningtopause.com



The **Meaning to Pause® Bracelet** provides a gentle reminder to redirect your thoughts on what is important in your life.

Meaningful pauses can be anything; awareness, being more mindful, being present, prayer, meditation, being grateful, deep breathing, or performing a random act of kindness. At the end of every day, you will have experienced many meaningful moments by pausing and embracing all that life has to offer, instead of letting it pass you by in the rush of daily life!

The bracelet gently and privately vibrates every 90 minutes, prompting the wearer to take some sort of action. The core function of the bracelet is to “pause” from whatever you are doing and reframe your thoughts. There are endless ways to decide how you will use your pauses throughout the day. Haven't YOU been meaning to pause?

PRIVATE REICHIAN SESSIONS

(707) 538-3778

Michele T. Newmark, M.S., D.D.

(415) 775-6145

Come alive to your sexuality and joy of life...

Reichian Therapy is a non-verbal “breathing” therapy. Whereas “talk” is a great way to avoid what you're feeling, there is *no way* to avoid your feelings while lying there breathing in a Reichian session. Over time, chronically stiff and hard muscles blocking sensation and energy flow will soften. Eventually, the rage we hold in our muscles will surface, giving way to more feelings of pleasure, freeing blocked energy and sexual dysfunction. We spend an enormous part of our energy holding back basic needs and feelings which we've learned were not OK. An effective way to free these blocked energies, release anger and reawaken to your natural vitality and pleasure is through the breathing, movement & sounds of Reichian sessions.

Michele has been involved in the study of human sexuality for over 35 years. The basis for her work is grounded in Reichian Therapy. She has a private practice in **Santa Rosa** and **San Francisco** at the Center for Healing & Expression. For more information visit www.thecenter-sf.org.



RELATIONSHIP SUPPORT

Malcolm Miller, PhD

www.relationshipsupport.com

(707) 477-8456

Relationship



Support

Malcolm Miller, PhD

Are you and your partner in conflict, distant, or on the verge of separation? Whether it's an affair, abuse, dishonesty, or problems with anger, withdrawal, communication, intimacy, sex or parenting, the “goodness” within both of you still remains. Hidden within the defensive reactions and withdrawal, your inherent capacity to learn from the current situation and revitalize your love remains. For 33 years I have been helping couples to reestablish their connection with each other. As your therapist, I take an active role in helping build your capacity to work together in mutually beneficial and respectful ways. This is what a commitment requires from time to time—to reconnect with the goodness that originally brought you together.