



Dr. Cheri

CHERYL A. RAINEY, MBA, LMFT, PhD

Expanding Lives

Transforming Relationships

Advancing Businesses

The BreakThrough Program for Couples

The **BreakThrough Program for Couples** is unlike any other couple's program. Based on recent psychological research that reveals we make decisions unconsciously, before we think we're making them consciously. Our hidden world views — belief systems we developed in childhood — too often run the show in our lives and especially our relationship with our significant other. Old beliefs and interaction patterns learned from our primary care-givers get in the way of new desires for ourselves and our relationship.

At the same time that research from the fields of biology and psychology assisted in uncovering the significant beliefs and attitudes informing our decisions, experiential methods and exercises — as diverse as mindful awareness training and experiential psychotherapy - were developed to release them. You and your loved one can break through!

You can learn to make conscious decisions and choose wisely, based on who you are today, rather than on old scripts and thought patterns from the past. You can stop self-defeating behaviors and troubling relationship patterns to create the natural, loving, successful life and relationship you desire.

Upon completion of your BreakThrough Weekend, you and your significant other will:

- Understand your unique individual and **relationship strengths and blind spots**
- Learn to recognize which strengths are motivated by **your conscious versus your unconscious belief systems**
- Identify all of the **significant beliefs and attitudes that drive** your decisions
- Determine the core **limiting beliefs and attitudes that sabotage** your happiness, relationship success, and prosperity
- Uncover **attitudes and behaviors that undermine your desire** for intimacy
- **Create a pathway plan** to eliminate or change those limiting core beliefs and attitudes

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- Gain an understanding of the kind of **life and relationship dream you both desire**
- Receive **new tools for thinking, seeing, and appreciating** “Who You Really Are” as individuals and as a couple that will equip you to create the life and relationship you want

The BreakThrough Program for Couples immediately assists you in releasing the old, limiting beliefs and reconnecting with the lover you always were meant to be. Together, you will get in touch with your relationship dreams, make choices that serve the life and relationship you want now, and re-establish a pathway to renewed intimacy.

Your improved sense of self and other will have an immediate, positive effect on all of your relationships. As individuals, you will learn to align with “Who You Really Are”, and discover how to see and bring out the best in your partner. Together, you can live into the relationship of love and intimacy you have always wanted.

For information on scheduling this couple’s program, please contact me at (850) 577-9253, or visit my website at www.DrCheri.net.

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CERTIFICATIONS AND SPECIALIZED TRAINING

Trauma and Disturbing Life Events:

Emergency State Responders for Florida, 2010

Eye Movement Desensitizing and Reprocessing (EMDR) Certification, 2007

Couples Therapy:

Crucible® Sexual Therapy, 2004

Emotionally Focused Therapy (EFT), 2002

Gottman Relationship Institute, 2003

Psychometric Assessments:

DISC Assessment Certification, 1994

Harrison Assessments Certification, 2009

Myers-Briggs Type Instrument (MBTI) Certification, 2001

Management Consulting:

Certified Management Consultant (CMC), 1995

MEMBERSHIPS

American Association of Marriage and Family Therapists (AAMFT) 2000- Present

American Psychology Association (APA), 2006 – Present

American Society of Training and Development (ASTD), 1989 - Present

Eye Movement Desensitizing and Reprocessing

International Association (EMDRIA), 2002 – Present

Institute of Management Consultants (IMC), 1995 - Present