



*Dr. Cheri*

CHERYL A. RAINEY, MBA, LMFT, PhD

*Expanding Lives*

*Transforming Relationships*

*Advancing Businesses*

## **Who's the Boss?**

### *Interactive Couples' Workshop: Uncovering Your Hidden Decision Maker*

**G**otcha! No, neither one of you is the boss of the other! But, the real question is, "Are you the boss of you?" Recent psychological experiments reveal that 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. Especially, when we think they don't. Old belief patterns 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 underlying our decisions, experiential methods and exercises as diverse as mindful awareness training and experiential psychotherapy help to release them. We 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 fulfilling relationship you desire.

Through this interactive weekend workshop, 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 3 significant beliefs and attitudes that **drive your decisions**
- Determine the 3 core 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 those limiting core beliefs and attitudes**

*Continued on next page.*



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## **Who's the Boss?**

*Interactive Couples' Workshop:*

*Uncovering Your Hidden Decision Maker | page 2*

- Gain an understanding of **the kind of life and relationship dream you both desire**
- Receive **7 new tools for thinking and seeing** that will equip you to have the life and relationship you want

The **Who's The Boss? Couples' Workshop** immediately delivers insights and tools to enhance your personal development and assist you both to reconnect with the loving person you are! Attending Who's The Boss? will result in a new ability to see and understand your own behavior, get in touch with your relationship dreams, and re-establish a pathway to renewed intimacy.

Together, you will gain the skills to identify outmoded thought habits and the clear ability to make choices that serve the life and relationship you want now. Your improved sense of self and other will have an immediate, positive effect on all of your relationships. The more you learn to align with Who You Really Are, the more you can live into the fulfilling relationship of love and intimacy you have always wanted.

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***For information on scheduling this couple's workshop, please contact me at (850) 577-9253, or visit my website at [www.DrCheri.net](http://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