



Dr. Cheri

CHERYL A. RAINEY, MBA, LMFT, PhD

Expanding Lives

Transforming Relationships

Advancing Businesses

Dr. Cheri: In Depth

Who I Am, What I Do, How It Works, My Services and Structure

"Every time you suppress some part of yourself or allow others to play you small, you are in essence ignoring the owner's manual your creator gave you..."

— OPRAH WINFREY

Who I am:

I was drawn to the field of psychotherapy out of a passionate drive to help people remember their greatness, Who they really are. The more I saw truly wonderful people, with so much to give, stop themselves from owning their power and expressing their true nature, a burning desire grew within me to understand why.

Instinctively I knew that we all had the power to fully express ourselves, heal emotional and physical wounds, and live our ultimate passions and potential to the fullest. Therefore, all of my education and life experience have led me to realize that all negative thoughts and feelings derive from beliefs that deny our natural, pure positive life force - our centering greatness.

What I do:

Over the years, I realized that people who worked on their issues or relationship in therapy only one hour per week, experienced unnecessary struggle and increased emotional pain, as well as a lengthy, drawn-out path to the healthy relationship they desired. Therefore, I developed signature programs that allow for natural breakthroughs, which effectively diffuse the past, while creating a dynamic pathway to the future. Rather than simply treating symptoms with coping skills, InnrSight™ Breakthroughs allow you to uncover and eliminate the causes of distress. The results are swift and long lasting.

By releasing beliefs that do not serve you, you can realize your full potential. Whether it is identifying and changing self-defeating relationship patterns, breaking free from emotional

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pain and downward energy spirals, or eliminating the cause of blockages, you will discover what you already know deep within--that you have the capacity to heal. As you tap into this, your awareness increases and you apply new possibilities and solutions to immediately transform your life and relationships.

How it works:

My approach to the transformation process is unique in that, rather than simply treating symptoms with coping skills, you learn to uncover and eliminate your causes of distress. My InnrSight™ methods consist of natural, evolving processes that use no medications. And, the results are immediate and they last; there is no need for long-term therapy. With a “whole-person” approach to personal expansion, you integrate your mind, emotions, and body to release what is “holding you back”, which opens up a pathway to your fully expressed, centered self.

My Services:

- BreakThrough InnrSight™ programs for individuals, couples, and families
- BreakThrough InnrSight™ programs for business executives, managers, and Team Trainings for business teams
- Couples' Weekend Workshops
- Research-based, assessment reports for individuals, couples, and businesses
- Speaking engagements on current, dynamic topics for businesses, leadership teams, professional organizations, and conferences
- White papers for professionals on InnrSight™ paradigm shifts
- Audio CDs of coaching sessions and speaking engagements
- Full suite of online resources for individuals, couples, and business leaders
- Free subscription to InnrSights™ e-zine, Resources, Tips, and Inspirations

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- Booklets with exercises for self-study, partnership/relationship study, and/or business team study

Structure:

I offer a variety of programs crafted to meet your personal, relationship, and professional needs, including 2 ½ to 4-hour sessions, day-long workshops, weekend intensives, conferences, crisis counseling, and ongoing counseling/coaching or training for BreakThrough Immersion Programs.

For information on scheduling any of my BreakThrough programs, couples' workshops or leadership trainings for you, your business or organization, or business team, please contact me at (850) 577-9253, or visit my website at www.DrCheri.net.

Cheryl A. Rainey, MBA, LMFT, PhD

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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