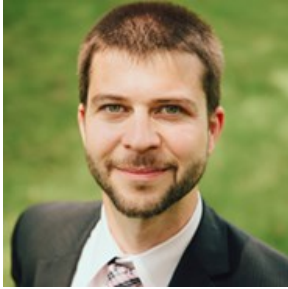


*Developing an Abundant Life*

*Using Research Based Tools for Relational Health*



**Casey Burnett, MA**

*Psychotherapist*

caseyburnett.com

**Boulder Public Library**

Boulder Creek Meeting Room

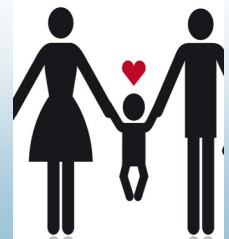
**Time: 7 - 8:30pm**

**Cost: Complimentary**

## Helping Your Child Succeed

*Thursday, May 16th*

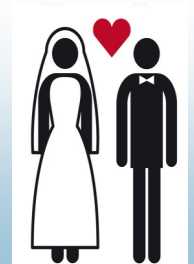
Research continues to demonstrate that both emotional and cognitive skills are necessary for success. You can learn to parent a “Whole-Brained Child.” Together we will discuss how neuroscience can support your parenting a resourceful and empowered child.



## 7-Principles of Relationship Success

*Thursday, June 6th*

Learn from Dr. John Gottman’s extensive couples and marriage research about what he calls the “7-Principles for Making Marriage Work.” We will discuss proven and effective means to sustain friendship, learn constructive conflict, and build shared meaning.



## Overcoming Traumatic Events

*Thursday, July 18th*

Don’t let your past interfere with the present any longer. Learn how to become free from frozen emotional memories caused by traumatic experiences. EMDR is a highly researched and effective approach for processing symptoms related to PTSD and other disturbing life events.

