

Download How To Survive Without Psychotherapy

Main Conference: Friday, May 3, 2019 — Saturday, May 4, 2019 . Psychodynamic Psychotherapy 2019. This conference is dedicated to the memory of George G. Fishman, MD, beloved colleague and friend, who was closely associated with this conference from its very beginning. I started working with a therapist for EMDR who is also a IFS(Internal Family Systems) therapist. Self-loathing and self-hatred come from our inner critics that are actually there trying hard to protect us. Three Rivers is a group psychotherapy practice as well as a center for mindfulness training, with offices in both Sacramento and Davis. My husband is so full of shame and anger, I'm having a hard time connecting. We signed up for a conference, but then I 'interfered' in his 'new life' (made a phone call to inform someone that he is still in fact married) and he is so angry with me, he now says he doesn't want to waste time going to a conference with me.