



# ***The Art of Intentional Loving***

A Path to Creating Happiness, Harmony  
And Intimacy in Your Relationships

Gabrielle Lawrence, PhD

Wednesdays, April 11-May 23, 7-9 pm

Franciscan Renewal Center  
5802 E. Lincoln Drive, Scottsdale

***Gabrielle's workshop features a spiritually oriented, attachment based approach to helping couples and others understand and improve their relationships, at home and at work, through The Art of Intentional Loving.***

**You will learn:**

- ◆ **About your own temperament and triggers**
- ◆ **What you need in relationships**
- ◆ **New skills and awareness to help you create and maintain a reciprocal, loving and fulfilling relationship**

This 7-week workshop will provide both a psycho-educational and hands-on experiential approach to learning new skills and new ways of thinking about how to relate. Early attachment styles will be examined, along with communication and negotiation techniques, skills for boundary setting, empathic listening skills and self-calming, emotional management techniques such as mindfulness meditation. Gender differences and the role they play will also be reviewed. The goal of the series will be to provide attendees with practical knowledge, understanding and skills that they can practice and use immediately to improve the important relationships in their lives.

**Gabrielle Lawrence, Ph.D.**, is a licensed psychologist and a certified counselor in the State of Arizona. She is a clinical member of the American Association of Marriage and Family Therapy and a Registered Play Therapy Supervisor as well as a Certified Trauma and Loss Specialist. She is a recognized clinician working with children, adolescents, and adults in the areas of grief, recovery, traumatic loss, abuse and bereavement.

**Fee per person: \$95**

**Register online: [www.thecasa.org](http://www.thecasa.org)**

**Or call 480-948-7460, ext. 157**

**Comments from 2011 participants:**

"Wonderfully organized and excellent material in handouts and well explained during class sessions."

"Gave me specific tools to improve my relationships."

"Gabrielle is a superb communicator with great examples, positive energy and lots of enthusiasm."

"Very informative and encouraging, a fresh breath in the Valley."



**FRANCISCAN  
RENEWAL CENTER**

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