



*Being Together*

A DAY FOR EXPLORING  
RELATIONSHIPS

Sunday, November 21, 2010



Des Plaines Campus, 1600 East Golf Road

# *Being Together*

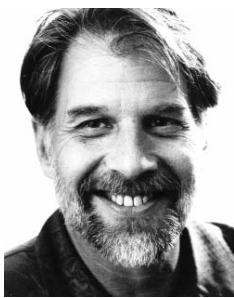
## A DAY FOR EXPLORING RELATIONSHIPS

Sunday, November 21, 2010

*We* are social beings, and our collective agenda is human connection. Connection is what we desire, yet our most frustrating experiences stem from failed relationships. For some people, relationships are like a set of railroad tracks that take them to the same places over and over again. Others treat relationships like a game of poker, contemplating the odds and hoping for the best “draw.” Either way, the road to self-empowerment travels through improved relationships.

### KEYNOTE SPEAKERS

Bob Patterson, M.Ed.



Bob Patterson is a licensed marriage and family therapist and professional counselor who has been in private practice since 1988. He also works with Fortune 500 companies, universities, and political and religious organizations as a consultant and executive coach. Bob is known for his clarity of presentation and, on good days, his humor. He has trained with Dr. Harville Hendrix and is a Certified Imago Relationship Therapist and workshop presenter.

Wendy Palmer Patterson, M.S.W.



Wendy Patterson is a licensed clinical social worker and marriage and family therapist who has been in private practice since 1980. As a teacher and leader of workshops on relationships, communications, power, money, and sexuality, she is known for her extraordinarily warm and empathetic style. Wendy has trained with Dr. Harville Hendrix and is a Certified Imago Relationship Therapist, workshop presenter, and clinical instructor. She and Bob have been married since 1981, have two adult children, and are living examples of the Imago process.

# SCHEDULE OF EVENTS

8:30-9 a.m. **REGISTRATION**  
*Student Street (Coffee and Bagels)*

9-9:30 a.m. **DRUMMING Sheboom**  
*TenHoeve Center*

9:30-9:45 a.m. **WELCOME TO “BEING TOGETHER: A DAY FOR EXPLORING RELATIONSHIPS”**  
*TenHoeve Center*

9:45-11:15 a.m. **MORNING KEYNOTE**  
*TenHoeve Center*  
**“Using Your Relationship for Personal Growth and the Seed of Self Empowerment”**  
Bob and Wendy Patterson  
Why do the unconscious forces that attract partners also cause conflict? Transform conflict into connection in order to “grow” the love you already have.

11:15-11:30 a.m. **BREAK**

11:30 a.m. - 12:45 p.m. **SESSION I WORKSHOPS**

1-2 p.m. **LUNCH**  
*Cafeteria*

2-3:15 p.m. **SESSION II WORKSHOPS**

3:15-3:30 p.m. **BREAK**

3:45-5 p.m. **AFTERNOON KEYNOTE**  
*TenHoeve Center*  
**“The Secret Agenda of Relationships and Using CPR to Improve Your Connection Choices”**  
Bob and Wendy Patterson  
In this case, CPR stands for *compassion, respect, and power*. Learn techniques to create understanding and potential in ourselves and others.

5-5:30 p.m. **CONFERENCE CLOSING**  
*TenHoeve Center*

FOR OAKTON STUDENTS: Scholarships to attend *Being Together: A Day for Exploring Relationships* are available. Interested currently enrolled students are encouraged to contact Bea Cornelissen, Office of College Advancement (Room 1144, Des Plaines campus), 847-635-1812 to apply.

For more information, contact Paul Johnson at [pjohnson@oakton.edu](mailto:pjohnson@oakton.edu), 847-376-7088 or Gregory Baldauf at [greg@oakton.edu](mailto:greg@oakton.edu), 847-635-1846.

This brochure is available at [www.oakton.edu/relationships.pdf](http://www.oakton.edu/relationships.pdf).

## Rewarding Marriages

**Tim Clark and Leslie Marino.** Join us to better understand the cycles of romantic relationships and develop the tools necessary to remain intimate.

*Tim Clark, LCSW, has 35 years of human service experience including addictions treatment, mental healthcare, and the supervision and training of mental health professionals. Leslie Marino, MA, has four decades of clinical experience ranging from community mental health to inpatient psychiatry. She works in private practice serving individuals and couples and is especially skilled in dealing with family of origin issues as they relate to adult relationships.*

## Spiritual Partnerships

**Maria Caruso.** Learn how to create “spiritual partnerships,” defined by Gary Zukav of the Seat of the Soul Institute as unions between equals for the purposes of spiritual growth. These partnerships may be formed in families, between friends, in the workplace—anywhere that individuals wish to grow spiritually, without typical judgment or reaction. Emotional awareness, responsible choice, intuition, and trust line this path to “authentic power.”

*Maria Caruso, MSW, is an Image Relationship Therapist with more than 20 years experience as a licensed clinical social worker. In her work as a spirit-driven coach for individuals, couples, and families, and facilitator for Circle of Trust retreats, she helps clear the psychological blocks that prevent us from connecting with the spirit within, thereby enabling us to access divine wisdom and guidance, align with our divine path, and manifest our divine purpose.*

## Individual Growth Through Committed Relationships

**Peggy and Leo Dhont.** As committed relationships evolve it is important to understand how differences in beliefs about life can become a source of conflict. We will demonstrate how to bridge these differences, thereby promoting a relationship through which couples are encouraged to grow to their full potential. We'll leave plenty of time for questions and discussion.

*Leo Dhont, MSW, LCSW, has been a psychotherapist for more than 50 years. He believes we are formed through our relationships with caregivers and that we continue this process of growth and change in committed adult relationships. Peggy Dhont, BA, is a relationship coach and certified celebrant who conducts weddings, funerals, baptisms, and crowning ceremonies.*

## Beginning Anew

**Phil Kirschbaum and Nancy Flaherty.** We combine centuries-old wisdom and modern relationship theory to encourage dialogue that focuses on four statements: *I Appreciate, I Regret, I Want, and I Will.* This process stems from the works of mediation teacher and peace activist Thich Nhat Hahn and *The Seven Principles for Making Marriage Work*, by John Gottman.

*Nancy Flaherty, M.Ed., LCPC, is a co-founder of Gurnee Counseling Center and has more than 20 years of experience working with teens, adults, families, and organizations. She considers all lifestyle aspects in helping people build “stress hardiness.” Phil Kirschbaum, LCSW, is a co-founder of Gurnee Counseling Center and specializes in men’s work (Victories of the Heart), marital work, child and adolescent therapy, and stress and anxiety management.*

## Sharing Honestly and Listening Empathically

**Kay and Phil Metres.** We will demonstrate a highly effective communication process for couples. Reduce blame, criticism, and defensiveness, and feel more connected and understood.

*Philip Metres, Ph.D. and Kay Metres, Ph.D., have been married 40 years. Both are clinical psychologists in private practice; Kay is in Evanston, Illinois, and Phil’s office is in Northbrook, Illinois. Kay also is a spiritual director and supervisor. Phil is a Fellow in Somatic Psychotherapy and a facilitator for Wisdom Years/Victories of the Heart.*

## Journey Through Middle Life: The Tasks and Tensions of Relationships

**Carol Jungman and David Fireman.** In this session, we will outline the developmental tasks and tensions of middle life, and have participants explore a particular relational challenge. Through didactic and experiential methods, such as storytelling and imagery, we will help participants open to new possibilities in relationship and share insights/questions with each other.

*Carol Jungman, MSOD, is a consultant, facilitator, and coach who has spent the past 20 years specializing in relational leadership and multicultural communication. David Fireman, LCSW, is executive director of the Center for Grief Recovery and Creativity in Chicago.*

## Bring Fun Back into Relationships with Art

**Gina and Lou Pierozzi.** Participants in this workshop can expect to have fun while making art. Couples are encouraged to work together on a ceramic project that is theirs to keep.

*Lou Pierozzi, MFA, is a member of the art faculty at Oakton Community College. Gina Pierozzi, BFA, received her degree from Northwestern University.*

## When Is It My Time?

**Rick and Jordan Tivers.** This interactive seminar explores the process of recovery from anxiety and depression brought on by dysfunctional family relationships. A father-son team will demonstrate the healing nature of the recovery process, while talking about their own personal struggles. A strong, powerful sense of self is demonstrated.

*Rick Tivers, MSW, is a psychotherapist, coach, personal development specialist, corporate trainer and co-author. Jordan Tivers, BA, is the co-author of When Is It My Time?*

## Lunch

*1-2 p.m.*

## Session 2

*2-3:15 p.m.*

## Polyamory: Loving More Than One

**Rami Henrich and Cindy Trawinski.** What does it take to make unconventional relationships work? Two psychotherapists who have lived with their partner in a polyamorous relationship for more than 25 years discuss their personal and professional experiences. Topics include a description of polyamory; issues and concerns of individuals, couples, families, and communities; and the clinical bias of practitioners who encounter polyamorous relationships. Participants are invited to ask questions and explore their own attitude toward polyamory.

*Rami Henrich, MSW, LCSW, is an Evanston-based psychotherapist who works with clients in alternative relationships. Cindy Trawinski, Psy.D., is a psychotherapist and artist who explores the line between inspiration and intention in the creative process. The couple also facilitates a polyamory support group.*

## Journey to Intimacy

**Delores Rix and Irwin Aloff.** This research-based workshop offers couples four methods to heal their childhood wounds and co-create an intimate relationship. The second part of the session involves strategies to resolve the inevitable issues that are part of any healthy relationship.

*Irwin Aloff, M.Ed., is a relationship counselor and facilitator for New Warrior groups. His mission is to share his wisdom, wounds, and wit to nurture healthy relationships. Delores Rix, BA, is a watercolor artist and member of Women in Circle. She and Irwin are life partners.*

## Why Can't We Get Along? Understanding Conflict Resolution

**Cindu Thomas-George and Kenneth Kikuchi.** Gain a greater understanding of conflict through the lens of psychological conflict theory. Participants will be introduced to different conflict styles and effective ways to manage conflict. We'll also consider the impact of gender and cultural differences on interpersonal relationships.

*Cindu Thomas-George, MA, is a professor of speech and communication studies at the College of Lake County. Her academic interests include critical race theory, multicultural education, and intercultural communication. Kenneth Kikuchi, Psy.D., is a professor of psychology at the College of Lake County and an adjunct instructor in the graduate program at Roosevelt University. His experience includes working with individuals of diverse ethnic, linguistic, and religious backgrounds, as well as sexual orientations.*

## How to Remove Yelling From Your Home

**Gail and Derek Randel.** Do you yell at your children? Do they yell at you? Do you feel as though you are losing control? Learn techniques that will help make parenting fun again.

*Derek Randel, MA, is an author, speaker, and coach whose specialties include bullying and school violence. Gail Randel, MD, is a practicing physician in Chicago. She speaks nationally on physician wellness, stress, effective parenting, and other topics.*

## The Art of Potent Blessing

**John Everingham and Steven Jaffe.** What makes a blessing powerful? What does a potent blessing feel like? How does it affect my life? The quality of the blessings we give may depend on how well we ask for and receive the blessings we all need. Join us to practice these skills.

*John Everingham, Ph.D., is an author and co-editor of the anthology, Breaking the Shackles. He is active in the ManKind Project, Victories of the Heart, and the Oakton Men's Program. Steven Jaffe, BS, is presently Elder Chair and a longtime member of the ManKind Project board.*

## Power of the Enneagram

**Mike Maloney.** The Enneagram is an ancient personality theory that describes the psychological resources that enable us to connect with family and friends and achieve our goals at work and school. Under stress, however, we may over- or under-use that energy, resulting in relationship conflicts. The Enneagram makes us more aware of the possibilities in relationships.

*Mike Maloney, Ph.D., is a professor of student development at Oakton Community College.*

## Working With the Internal Family Systems Model

**Kay Gardner.** Demonstrations and experiential exercises can help people face the challenges of being a multi-dimensional being in a primary relationship. Learn how to work on yourself in order to be more authentically connected to partners and more self-led in interactions.

*Kay Gardner, MS, is a psychotherapist who has been in private practice for 30 years. She also is the lead trainer for Internal Family Systems and a co-facilitator of the Women's Circle.*

## How to Heal Yourself Through Relationships

**David Klow and Emily Robinson.** Relationships are our strongest mirrors. They allow us to be seen, as well as to see ourselves and the world more clearly. They offer opportunities to understand and experience who we truly are. This workshop provides cutting-edge experiential awareness tools to transform relationships into vehicles for personal growth and healing.

*David Klow, LMFT, is a staff psychotherapist and clinical lecturer specializing in men's issues, couples counseling, personal development, and group therapy at The Family Institute at Northwestern University. Emily Robinson is an intuitive healer, teacher, and yoga instructor with a background in substance abuse recovery and a focus on empowering women.*

## BEING TOGETHER ADVISORY BOARD

Greg Baldauf, *Oakton Men's Program*

Kathleen Carot, *Oakton Women and Gender Studies*

Leo Dhont, *Victories of the Heart*

Peggy Dhont, *Seizing Your Moment*

Kay Gardner, *Woman's Circle*

Dan Haycraft, *Twogether, Inc.*

Paul Johnson, *Oakton Men's Program*

Joe Kilikevics, *Male Spirit*

Wendy Kopald, *Woman's Circle*

### REGISTRATION FORM

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

Male    Female

*Cost for the conference is \$100 and includes a box lunch.*

**EARLY REGISTRATION FEE: \$79**

**Special Rate: \$119 for two participants registering at the same time.**

**(deadline November 15, 2010). No refunds.**

Second Participant

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

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E-mail

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

I am a currently enrolled Oakton student and would like a free scholarship to *Being Together*.

*Please make check payable to Oakton Community College and mail to:*

*Bea Cornelissen, College Advancement, 1600 E. Golf Road, Des Plaines, IL 60016.*

Credit card registration is available. Call 847-635-1812.

No prior sign-up for workshops or programs is required. The final schedule and room numbers for workshops will be in the registration packet you receive during check-in.

Oakton Community College  
Division of Social Sciences and Business  
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