



## Institute for Dialogue Therapy

### **Getting to Know Your Partner (Again) and Renewing Intimacy** **A Three-Day Retreat for Couples, with Polly Young-Eisendrath, Ph.D.**

Spend an extended weekend with couple relationship expert, Dr. Polly Young-Eisendrath, and learn how to “see, hear, feel” your partner and your relationship in a fresh way. This retreat will include exercises in getting to know your partner again, in becoming a witness, and in being witnessed. It is designed to help couples move from deadened and repetitive interactions to a fresh and mindful space, in which to renew their witnessing of each other. Integrating didactic materials, couple exercises, and mindfulness practices, this short retreat will boost your intimacy.

**Polly Young-Eisendrath, Ph.D.** is a Jungian psychoanalyst, a psychologist, and Clinical Associate Professor of Psychiatry at the University of Vermont. She is also Founder and Director of the Institute for Dialogue Therapy and the author of 16 books that have been translated into more than twenty languages. In addition to a demanding speaking schedule, Polly maintains a private practice in central Vermont and is a mindfulness teacher. She has been a practicing Buddhist since 1971. Her newest book is *Love Between Equals: Relationship as a Spiritual Path* (Shambhala, 2019). Her most recent published book is *The Present Heart: A Memoir of Love, Loss and Discovery* (Rodale, 2014). [www.young-eisendrath.com](http://www.young-eisendrath.com)