



WOMEN
IN
RECOVERY

SPEAKER
SERIES

4th
WEDS
JAN-OCT

Hennepin Avenue United
Methodist Church
511 Groveland Ave
Minneapolis, MN 55403

6:30pm Refreshments & Fellowship
7:00pm Programming



September 25, 2019

MYTHS OF ROMANTIC RELATIONSHIPS

Yvette Erasmus

Myths are prominent in our notions of romantic love and show up in our significant relationships in the form of reactivity and judgmental perceptions and interactions. When feeling challenged, we often become reactive, going *one-up* into grandiosity and blame. Or, we repress ourselves, going *one-down* into inferiority and shame. Yvette will help us examine practices that cause suffering in our relationships and help us find ways to stay *one-with* ourselves and others, and in so doing transcend the influence of those myths.



Born in South Africa and having lived in Malawi, Germany, and California, Yvette draws from multiple cultures to illuminate her path, open her heart and cultivate a deep sense of purpose and meaning. As a teacher, therapist, writer and consultant, Yvette combines her unique background with a Master's Degree in Education and a Doctoral Degree in Clinical Psychology to offer healing, personal transformation and training to people who wish to improve relationships at home, at work and in the world at large.

STAY CONNECTED!



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