

*"As a current parent of a 17th month old (and 33 year old - if we include myself in that parenting), I could not be more grateful for this course. I have found myself setting clearer and more loving limits with myself and with my son. The teachings, individual therapy sessions, and group sessions all brought their own unique wisdom to the experience and were beautifully led by Lyndall and Cherise. Anyone who is interested in growing in their understanding of what true love is and what it looks like should take this course!"*

*In this reparenting class Lyndall and Charisse led us to explore our early years to figure out our attachment styles. Everyone has their own unique experiences that fit within different styles as defined by John Bowlby's Attachment Theory. Using these experiences, we identified what our styles are based on the threads that consistently run through our lives.*

*Knowing these behaviors, and why they exist, allows each of us a degree of autonomy from the defenses we learned as children. Once you see why you do what you do; those defenses are less likely to control your behaviors.*

*But to do that there must be an awareness of our discomfort - we need to recognize the memories that are in our bodies - not just in our minds. I would highly recommend this class to anyone who is willing to question their own behaviors and habits and work toward a greater self-awareness.*

*~Walter Sigtermans*