



Carole Kirby, LMSW

relationship news and more...

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Celebrating Summer ~ Welcoming Fall

Discover A New Way to Love

Intro to Imago & Boundaries ~ Free Workshops

Understanding Introverts & Extroverts ~ Free Workshop

Celebrating Summer ~ Welcoming Fall

I often find myself grieving the end of summer feeling that I didn't get outside enough to truly enjoy the season. This time I have been outside frequently watering new plants and shrubs. Due to the unusually hot summer, the plantings would have died without almost daily watering. As a result, I don't have to grieve as in years gone by. Plus, there are still a few summer days left and I am ready to welcome fall, my second favorite season.

Those of you who read my newsletter last year might remember that I bragged about my tomato crop. Well, this time round I have practically no yield of tomatoes. But I am delighted to have planted a new Bloodgood Japanese Maple tree at the corner of my house. I am also excited about the new natural plantings that will be attracting birds and butterflies as the years go by.



Another highlight of my summer was last week's visit by my daughter from New York. She flew with her dog, Charlie, who is Neesa's brother. They have a fabulous time together and the weather was delightful when they were here.

Some of you have attended the FREE Workshops that I give several times a year on Sunday afternoon at Crazy Wisdom Bookstore. I repeat a few of the workshops yet I try to offer a couple of new workshops each year. On Dec. 2, I am offering a new workshop entitled ***Understanding Introverts & Extroverts & How They Make the World "Go Round."*** See information on all workshops below.

"Never get so busy making a living that you forget to make a life."

*Relax Revive Remember Re-discover Re-connect
repair, rejuvenate, revive, replenish &
reinvigorate your life and your loving*

**Discover a
New Way
to Love**
a relationship workshop



presented by
Carole Kirby, lmsw

- ♥ Confused about where the love went?
- ♥ Afraid to get help & afraid not to get help?
- ♥ Thinking it's all your partner's fault?

Come sooner rather than later!!!

Sept 21-23 or Nov 9-11 Ann Arbor area

Fri. 7-10:30 pm • Sat. 8:30 am-8 pm • Sun 8:30 am-7 pm

*This weekend will provide new tools and understanding
that can help you co-create a closer, stronger coupleship.*

call: **734.424.2797** or e-mail: **carole@therapy4couples.com**
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*"Resolve to be tender to the young, compassionate
to the aged, sympathetic with the striving,
tolerant with the weak and the wrong.
Sometime in life you will have been all of them."*

*Quote from Lloyd Shearer, columnist for the Washington Post, in his New Year's Resolution, Dec, 1968. Brought to my attention by Hedy Schleifer, one of my mentors. I would add to be tender and compassionate with your partner, children, friends, & colleagues.



Intro to...

**Discover a New
Way to Love**

Sun, Sept. 30 • 2 - 4:30 pm

*This workshop is an introduction to
Imago relationship therapy which is a
unique approach to understanding the
challenges and opportunities in
committed love relationships.*

It will help you:

- ♥ *discover what's beneath your
longstanding issues & what you can do
differently*
- ♥ *enhance your ability to communicate
with your partner*
- ♥ *change your reactive, ineffectual
behaviors into a force for compassion,
healing, & growth*

**Boundaries
of the Self**

Learn ways to strengthen &
regulate your boundaries

Sun, Oct. 28 • 2 - 4:30pm

Boundaries determine our sense of self-esteem, our self-confidence, our sense of control over our lives and our personal freedom. With clearly defined boundaries, we know our own thoughts and feelings and, in turn, are able to interpret and regulate our interactions with our world. Boundaries can become blurred through boundary invasion or boundary neglect.

Everyone welcome! These events are FREE! While free, please call to register.
Phone: 734.424.2797 or Email: carole777@aol.com www.therapy4couples.com
Crazy Wisdom Bookstore ♥ 114 S. Main Street in Ann Arbor

**Understanding Introverts & Extroverts
& How They Make the World "Go Round"**

Sun., Dec. 2 • 2 - 4:30 pm

Crazy Wisdom Bookstore • 114 S. Main, Ann Arbor

presenter: Carole Kirby, lmsw

- ♦ *Examine the rise of the "extrovert ideal" in the 20th century & its far reaching effects*
- ♦ *Learn about the advantages & potentials of introversion and of being quiet in a noisy world*
- ♦ *Become aware of the cutting edge research in psychology & neuroscience that reveals surprising differences between extroverts & introverts*
- ♦ *Get tips as parents & teachers of children who are introverted or seen as socially awkward & isolated*

Carole will share information from Susan Cain's recent book, Quiet, The Power of Introverts in a World That Can't Stop Talking as well as from own life experience and her experience as a therapist.

FREE, but please call or email to register.

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