



doctor  
cochran™

## **11/5: Workshop: A JOURNEY THROUGH ROMANTIC LOVE: What it is, What it isn't, How to get it and How to keep it!**

So how's your love life? Is it stellar or does it suck like a bucket of tics? If, by chance yours falls into the latter category, know that you are not alone...

*Join Dr. Cochran on November 5th, 2011 in Burbank, CA from 9:30-3:30pm 818-848-3213 for **A JOURNEY THROUGH ROMANTIC LOVE: What it is, What it isn't, How to get it and How to keep it!** During this workshop Dr. Cochran will teach techniques for how to manage, and what to expect from one of the most challenging developmental tasks of adulthood: the many faces of romantic love. Married, single, gay or straight, Dr. Cochran will help you find your perfect partner and/or assist you in increasing the intimacy level in your current relationship, through great insights and understanding.*

No matter what experiences with romantic love that you've had in the past, Dr. Cochran's fail proof formula will teach you how to pick better partners or learn new techniques so you can give and receive love with the best of them! [www.drcochran.org](http://www.drcochran.org)

### **This workshop is for people who want to:**

- Understand why romantic intimacy is so elusive
- Understand the Anatomy of Infatuation
- Identify the biggest stressors to romance and intimacy and how to mitigate them
- Identify the "3 P's" of long term intimate relationships and develop an intimacy contract
- Understand and identify the 2 most important, compelling and accurate predictors of relationship success
- Develop an individual formula's for romantic and sexual intimacy
- Effectively use "Repair" attempts in conflict resolution
- Develop an overall strategy for being and staying intimate

*Cost is \$39.00 before Oct. 20<sup>th</sup> and \$59.00 after. To enroll by check or credit card, or for more details email [mcochran@drcochran.org](mailto:mcochran@drcochran.org) or visit [www.drcochran.com](http://www.drcochran.com) or call Aime 818-848-3213. Location provided upon enrollment.*

**Dr. Cochran** is a transpersonal psychologist and licensed clinical social worker with more than 30 years of clinical experience, who works with her partner, board certified family physician **Dr. David J. Waggoner, MD**, at Saratoga Family Health Center where they take a whole person approach to mental health and wellness, treating the person, not the symptoms. Dr. Cochran is the author of "What Are You Afraid Of" " and a columnist for [The Huffington Post](#) Visit: [www.drcochran.com](http://www.drcochran.com) and [www.sfhc.com](http://www.sfhc.com)