

About Dr. Duffy Spencer

Dr. Duffy Spencer is a Social Psychologist, Licensed Mental Health Counselor, Certified Gestalt Psychotherapist, Certified Imago Relationship Therapist and Corporate Human Relations Trainer. She specializes in helping people recover from "soft addictions" such as people pleasing, cluttering and overeating. "Dr. Duffy" speaks professionally on how to achieve higher energy and reclaim your life force.

She's the author of *SPICE: the Essential Ingredients for Effective Living* and the "Relationship Doctor" CD series. She is also the co-author of *Dealing With Difficult People* and *Leadership Strategists*. Known as the *Relationship Doctor*™, Dr. Duffy is the host of WHPC's radio show *Just Relationships* (90.3FM). Her life's mission is to help people heal old hurts and build healthy and enjoyable relationships.

Dr. Duffy counsels both individuals and couples in Westbury, leads woman's and couple's therapy group, has a private practice in Westbury and conducts regular women's retreats.

*WHPC 90.3 FM
Wednesday at 3:30 PM
Monday at 12:00 AM

Lifelong Learning Fall 2018.pub

Tune in to Dr. Duffy Spencer's *Just Relationships* WHPC 90.3 FM

Live Streaming is now available at
ncc.edu/WHPC

WHPC airs each show twice a week on 90.3 FM:

~~Wednesdays at 3:30 PM,

~~Sundays at 8:00 AM.

For those not local, listen in real time on line
at <http://www.ncc.edu/WHPC>.

WHPC is now a proud partner
of IHeart.com radio
(Just search "WHPC")

Wednesday at 3:30 PM
Monday at 12:00 AM

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The Road to Happiness & Fulfillment: Lifelong Learning



With
Dr. Duffy Spencer



The Relationship Doctor™

~FALL 2018~

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www.DrDuffy.com

**Heal Old Hurts
and Get on With Your Life!**

Unhealed, old hurts tend to keep us stuck. Feelings of hurt, anger, resentment, sadness, and grief get in the way of quality living. Stuck feelings show up at the most inopportune times. They can cause us to act out in destructive ways.

Learn how to address your feelings in a conscious way through FOUR specific and doable steps so you can get on with your life and become the happy, flexible person you were meant to be.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, September 29, 2018

9:30 AM –4:30 PM

To register, call (516) 572-7472 or go to www.NCC.edu/continuingeducation.

The Art of *DI*stress Management

Not all stress is negative. Distress, derived from the word *disease*, is unhealthy stress. Distress is at the root of many illnesses: anxiety, depression, busyholism, compulsive eating, video gaming, TV watching and the like. ***Distress*** can bring us to the extremes of either isolating or people pleasing. Whereas ***eustress***, from the word euphoria, is “feel good” stress. This occurs when we feel excited and want to challenge ourselves to attain something desirable

Learn how to distinguish between ***distress*** and ***eustress*** by using three revolutionary approaches in the field of neuroscience. At the end of the course, you will be able to effectively manage your own stress to make the happiest and healthiest life choices possible.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, October 27, 2018

9:30 AM—4:30 PM

**Is My House Too Fat?
Unstuffing Your Life!**

There is an amazing correlation between stuffing one’s house and stuffing one’s body. What are the similarities? What unmet needs are involved? It is possible to unlock the drivers of your self-destructive behaviors and learn how to meet your true needs.

Come to this unique class and learn the real needs underneath “stuffing” and how you can “unstuff” yourself by filling yourself in healthy ways so you can lead the slim and stream-lined life you were meant to live

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, October 6, 2018

9:30 AM –4:30 PM