

## 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  
Sundays at 8:00 AM

Lifelong Learning Fall 2017.pub

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

Live Streaming is now available at  
[ncc.edu/WHPC](http://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](http://IHeart.com) radio  
(Just search "WHPC" )

Wednesday at 3:30 PM  
Sunday at 8:00 AM

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## The Road to Happiness & Fulfillment: Lifelong Learning



With  
**Dr. Duffy Spencer**



The Relationship Doctor™

~Spring 2018~

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### Clutter and the Disease of MORE

Whether it's STUFF, food, TV, iPhone, computer gaming, or the like, it never seems to be enough. The problem is when we cross the line and do every-day things to the extreme. While not illegal, these behaviors are unhealthy and wreak havoc in our lives. When is enough enough? Too much of a good thing is *not* a good thing. Learn the causes of the Disease of More and what you can do to live a life of balance, happiness and serenity.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

**Saturday, March 10, 2018**

9:30 AM –4:30 PM

### Self-Esteem and Your Shadow

Everyone has a Shadow; it's everything we don't like about ourselves and are ashamed of. Trying to deny our shadow creates even lower self-esteem. The shadow rules our behavior and make things worse for us. Yet there is actually gold in the Shadow. By exploring and understanding it, we can shed light on our hidden *beautiful* qualities as well, so we can truly value ourselves and make positive changes in our lives.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

**Saturday, March 24 2018**

9:30 AM –4:30 PM

*To register, call (516) 572-7472 or go to [www.NCC.edu/continuingeducation](http://www.NCC.edu/continuingeducation).*

### Relationship School: A Basic Primer

Relationships are the bedrock of our happiness, feeling of belonging and resiliency. We all need to be able “to do” relationships, yet who goes to Relationship School?

Yet relationships can be so difficult, painful and even codependent. Though we are all wired for connection, our relationships can end abruptly against our will or we can feel impossibly frustrated with them.

Come to this course and learn the ABC's of Relationship Building, how to resolve inevitable conflicts and the necessary ingredients for happy, healthy relationships.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

**Saturday, April 7, 2018**

9:30 AM—4:30 PM