

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 women'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 2016 .pdf

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

Live Streaming is now available at
ncc.edu/WHPC
Windows Media Player is required.
Flip 4 Mac needed for Mac users.

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

Duffy Spencer, Ph.D.
609 Dartmouth Street
Westbury, NY 11590



The Road to Happiness & Fulfillment: *Lifelong Learning*



With
Dr. Duffy Spencer
The Relationship Doctor™



~Fall 2016~

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**DeClutter Your Stuff:
DeClutter Your Life**

Are you a clutterholic?

Are you overwhelmed by clutter?

Do you keep "things" for comfort... and then become uncomfortable with your piles of clutter?

Is "stuff" getting in your way of being the person you want to be... the home you want to have and the life you want to live?

This course will cover the reasons why we clutter, specific ways to deal with clutter, the emotional process of letting go, and the rewards we reap from getting rid of those things that no longer serve us.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, March 4, 2017~ \$80

9:30 AM -4:30 PM

NASSAU COMMUNITY COLLEGE

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

**Self-Esteem 101:
Finally Learning to Love Yourself**

Self-esteem is the most important single variable that determines our success and happiness in life. Low self-esteem is very painful and often causes depression, missed opportunities and even physical illness. It is a prime factor in self-defeating behavior. Learn the causes of low self-esteem and how you can practice the three basic R's of self-esteem building. This workshop is about self-acceptance, self-confidence and forgiveness as a path to self-esteem. Learn to love yourself, achieve a better self-concept, and the courage to deal with life's many challenges.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, March 18, 2017 ~ \$80

9:30 AM -4:30 PM

Relationships- The Fourth "R"

While "Reading", "Riting" and "Rithmetic" are important, the fourth "R"... Relationships... are essential to our well-being. Yet as tough as relationships can be, we are not taught about them in school. We have to rely on role models ... which are often poor.

Whether it be with friends, family members, mates and even co-workers, we can learn how to be conscious of self-sabotage, maintain healthy boundaries, overcome the fear of abandonment, distinguish between healthy ego and neurotic ego, and choose conflict resolution over stressful drama in order to express ourselves in satisfying and constructive ways.

BRING LUNCH

NASSAU COMMUNITY COLLEGE (7 hour)

Saturday, April 8, 2017- \$80

9:30 AM-4:30 PM