

# GOT YOUR 6: SIX WAYS TO HAVE YOUR PARTNER'S BACK



Learning to love well is a skill that can be developed with insight and practice. This small group experience will focus on 6 of the best ideas for how to love your partner in a way that will make you irreplaceable and precious to him or her. This group is geared towards committed couples, but anyone with an interest in learning how to sustain a healthy long-term committed relationship is also welcome to attend.

To facilitate deeper insight, group size will be limited. If you want to attend, **please email Dr. Springer to reserve your spot(s)**. Singles/couples are both welcome.

Cost per participant: \$60

Email: [shauna@post.harvard.edu](mailto:shauna@post.harvard.edu)

## FRIDAY OCTOBER 23

### 1-2:30 P.M. IN DOWNTOWN WALNUT CREEK

### (LOCATION PROVIDED AFTER REGISTRATION)

**Presenter Bio:** Shauna Springer, Ph.D., earned her undergraduate degree in English literature from Harvard University and her doctoral degree in counseling psychology from the University of Florida. She has particular expertise in marital counseling, stressor effects on marriage, trauma recovery, and women's issues. She has co-authored several publications in professional journals and books. Her research has been presented at multiple conferences and she was awarded the McLaughlin Dissertation Research Award for her meta-analysis of stressor effects on marriage in an aggregated sample of over 164,000 married individuals. In 2012, she published her first book, *Marriage, for Equals*, detailing the results of *The Lifestyle Poll*, her study of more than 1200 women, mostly ivy league graduates. Her 2012 blog series on *Psychology Today.com* has had over half a million hits, with an ongoing average of about 4,000 additional reads per week.