



Where's My Sanity?

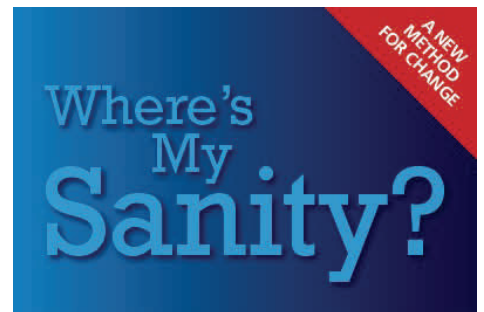
Stories of How People Really Experience the World and What Helps Them with Their Problems

Saturday, May 24, 2014

1:00 - 2:30 PM

1.5 CE Credits

No Charge



When strong negative forces overwhelm our lives, sanity can't be found in the usual places. We can't find sanity by trying to be more reasonable, more positive, by letting go, forgiving or by trying harder. To find sanity, we need emotional experiences. Not ideas, experiences. Come and hear what those experiences are and how to find them.

Refreshments will be served courtesy of BGSP's Board of Trustees

Presenter:

Claudia Luiz, PsyD., author of *Where's My Sanity?* is a psychoanalyst in private practice. In her writings as well as in her practice, she specializes in translating the convoluted world of mental health jargon and cliches into meaningful language that we can all understand.

For more information, including objectives, and to register, please visit: <http://wheresmysanity.eventzilla.net>