

OMEGA

INSTITUTE FOR HOLISTIC STUDIES

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Omega to Host Couples Retreat with Harville Hendrix, PhD

Oprah calls Harville Hendrix, “One of the best couples’ therapists I’ve ever met!”

RHINEBECK, NY – At a time when the U.S. divorce rate is estimated to be close to 50 percent by DivorceRate.org and Americans for Divorce Reform, Omega Institute is providing a pathway to healing common relationship problems by giving couples new tools and approaches. For 30 years, couples and families have come to Omega to learn how to have more fulfilling relationships. Omega offers several couples retreats annually and is proud to announce Harville Hendrix, couples’ therapist and author of the *New York Times* best-seller, *Getting the Love You Want*, will teach a workshop by the same title at Omega, September 21-23, 2007.

“Many of Omega’s workshops emphasize the importance of cultivating conscious relationships,” said Carla Goldstein, director of External Affairs at the Omega Institute. “Through the development of new communication and awareness skills, Harville Hendrix helps couples strengthen their bonds and achieve new levels of understanding and love.”

According to the American Association for Marriage and Family Therapy, more than 800,000 couples seek counseling per year. In partnership with his wife, Helen LaKelly Hunt, Hendrix co-created Imago Relationship Therapy and the concept of the “conscious marriage.” Together they have helped thousands of couples heal their childhood and relational wounds. They will co-teach the workshop on Omega’s Rhinebeck campus.

Couples new and old, in crisis or in love, married or unmarried, are invited to join this workshop; it is open to all people interested in understanding and deepening an intimate partnership. As they work on their own relationships, helping professionals gain information that they can use with clients as well as themselves. To register please call 800.944.1001 or visit www.eomega.org

Harville Hendrix, PhD, is the author of *Getting the Love You Want*, *Keeping the Love You Find*, and coauthor, with LaKelly Hunt, of *Receiving Love*, *The Couples Companion*, and *The Personal Companion*. He has been a guest on the *Oprah Winfrey Show*. www.harvillehendrix.org

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 195 acres in the beautiful Hudson Valley, Omega welcomes more than 20,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world.