



# PERSONAL AUTHENTICITY

Bob Edelstein, LMFT, MFT

To often in our world, we are bombarded by what others think and feel about how life works, how human beings work, and how we as an individual work. We learn to not rely on our own experience of living and lose our unique access to our own center.

Personal Authenticity is the process of discovering our unique personal experience of living. It is the ability to access and express one's inner life in the moment so there is a sense of living more from the inside out, and from who one really is, an inner directed process – versus living an image of who one is supposed to be, an outer directed process.

Part of living a deeper, more engaged life is to discover one's authenticity and to be more inner directed.

This workshop will focus on what personal authenticity is, and provide exercises to facilitate participants' accessing and expressing their immediate experience.

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*Bob Edelstein, LMFT, MFT, maintains a private practice in Portland, Oregon. He has been a therapist for more than 30 years, providing individual, couple family and group therapy. He is also a consultant, supervisor and trainer for professionals who wish to incorporate the existential humanistic perspective in their work.*

*Bob deeply enjoys getting to know people and supporting them in discovering more of who they are. His accepting manner helps people confront difficult issues. His gentle humor brings a lightness to dealing with life's challenges.*