



**PRESS KIT**

## **FACT SHEET**

### **Principals**

Hedy Schleifer, MA, LMHC; CEO of Schleifer + Associates

Yumi Schleifer, BA, BS; CFO of Schleifer + Associates

### **Married**

50 years

### **Practice**

Encounter-centered Couples Therapy: a crystallized integration of a fabric of philosophical and theoretical sources including among others, the philosophy of Martin Buber, Imago Relationship Therapy, Appreciative Inquiry – an organizational methodology, and the newest findings of Relational Neurobiology.

### **Disciplines**

The Art of Conflict Dissolution

Clinical Psychology

Relational Therapy

Organizational Leadership

The Development of Relational Intelligence and Relational Maturity

### **Services**

Couples Therapy

Therapist Training, Consultation and Supervision

Leadership Coaching

Organizational Training

Motivational Speaking

### **International Presence**

Africa

Austria

Canada

Brazil

Denmark

France

Germany

Ireland

Israel

Malaysia

Poland

Singapore

South Africa

Sweden

Switzerland

Turkey

United Kingdom

United States

**Travel per Year**

At minimum, Europe and Israel twice per year.

**Multi-Lingual Fluencies**

English

French

Hebrew

German

Spanish

Yiddish

**Target Clients**

Couples

Therapists

Executives & Leaders

Organizations

Businesses

**Websites and Social Media Pages**

[www.HedyYumi.com](http://www.HedyYumi.com)

[www.EcCTtraining.com](http://www.EcCTtraining.com)

[www.HedyAndYumi.com](http://www.HedyAndYumi.com)

[www.facebook.com/HedyandYumi](https://www.facebook.com/HedyandYumi)

[www.twitter.com/hedyyumi](https://www.twitter.com/hedyyumi)

[www.youtube.com/hedyyumi](https://www.youtube.com/hedyyumi)

## PROGRAMS and PRODUCTS

### Courses for Couples under the banner of Hedy+Yumi

- **Workshops:**

Adventure In Intimacy – a three-day hands-on couples workshop that teaches seven principles and seven essential skills for rebooting relationships, reconnecting more deeply, and rediscovering the joy of being together.

The Art of Cherishment – a two-day advanced workshop in which couples embrace a conscious relationship for building relational maturity with rituals for building the many ways they can romanticize and cherish each other. No longer offered.

The Art of Sexual Connection – a two-day advanced workshop which gives couples the opportunity to reveal, deepen, and strengthen sexual connection. No longer offered.

- **Private Sessions:**

Connection Quest – A two-day private intensive program where Hedy Schleifer guides couples who may be considering separation, recovering from an affair, or seeking to take a relationship to new heights, on a transformational journey for their relationship.

Healing After An Affair – A two-day private intensive program guiding motivated couples from pain and anguish to repair, reconciliation and forgiveness

Constructive Closure – two-day private intensive program for couples who have separated or have already divorced. This program is designed to stop anger, pain, and destructive cycles, and create a new, productive story for separated lives. This is essential for couples who have children.

- **Products:**

From Affair to Reconnection: A Couple's Journey - DVD – Informational 2-DVD Set that is an essential tool for all couples looking to reconnect, and in particular couples wishing to heal after an affair.

Hedy and Yumi: Crossing the Bridge – The award-winning documentary which explores the life of Hedy and Yumi Schleifer, their mission, and work with couples.

The Miracle of Connection, & Crossing the Bridge – Packaged as two multi-CD sets, these seven audio programs on transforming relationships provide insights and tools for developing strong lasting connections.

## Courses offered under the banner of the Tikkun Learning Center (TLC)

- **Courses and Programs for Therapists**

Encounter-centered Couples Therapy (EcCT) – a training program for therapists, coaches, and clergy interested in becoming relationship specialists and serving as stronger relational stewards for couples

Master Class – a three-year intensive educational program in Encounter-centered Couples Therapy, offered by the Tikkun Learning Center (TLC), a laboratory for the development of the relational paradigm

The Art of Relational Intelligence – training program teaching therapists to assist couples to be not only “about” relationships, but “IN” relationships. No longer offered.

Encounter-centered Couples Therapy – 10 Part Video Program plus 10.75 CE hours - This DVD Video program is a training program for therapists, psychologists, etc. In this training set, you will follow Hedy step-by-step, as she utilizes Encounter-centered Couples Therapy, during a 2-day intensive session, for bringing about deep connection and love in a couple on the verge of divorce, following an affair.

AFFAIRS: A Step-by-Step Process for Reconnection - In this nine-part training set you will follow Hedy step-by-step, as she utilizes Encounter-centered Couples Therapy, during a 2-day intensive session, for bringing about deep reconnection and love in a couple on the verge of divorce, following an affair.

- **Organizational Training**

The Relational Organization – This two-day training is intended to fundamentally alter organizational cultures by developing Relational Intelligence. The training draws on the collective resources of an organization in order to affect change in the work environment, creating renewed commitment, pride and passion.

The Making of a Relationally Intelligent Leader – a two-day seminar teaching leaders how to motivate teams and increase productivity through creating an atmosphere of relationality and emotional safety. This is a secondary training following the Relational Organization training program.

The Spirit of Appreciative Inquiry – this organizational training teaches the art and practice of asking provocative questions that strengthen a system’s capacity to heighten its positive potential, and drawing on the collective resources of an organization’s people to positively affect change in the work environment

Motivational Speaking – Hedy is an internationally recognized motivational speaker, captivating audiences with her stories and lessons for life. Specializing in humor and creativity, Hedy’s ability to inspire groups to make positive changes in their behavior and attitude is one of her skills that businesses and professional groups seek out and bring her back year after year.

## **PAST CLIENTS**

### **Corporations**

- Southern Bell Telephone
- Tupperware International
- The Hancock Information Group, Orlando, FL
- NETS, Singapore

### **Healthcare Organizations (Staff Development & Community Education)**

- Shands Hospital Physicians; University of Florida, Gainesville, FL
- Mid-Michigan Regional Medical Center
- Veteran's Medical Center; Salt Lake City, UT
- Tel Hashomer Hospital; Tel, Aviv, Israel
- St. Marks' Hospital; Salt Lake City, UT
- Northshore Medical Center; Miami, FL

### **Professional & Community Groups**

- Psychotherapy Networker Symposium
- Smart Marriages Conference
- G.R.E.T.T., France
- A.F.T.R.I., Switzerland
- Florida Cancer Registrars Association
- Orange County Bar Association
- Foundation for Mideast Communication
- Orlando Center for the Humanities
- The Junior League of Daytona
- State Attorney's Office and Gainesville Commission on Status of Women
- Young Presidents Organization (YPO) and World Presidents Organization (WPO)
- Entrepreneurs Organization (EO)

### **Informational Entertainment**

- TEDxTelAviv Conference
- The Balancing Act, Lifetime TV
- Channel 8 TV, Israel
- Otherwise Show on IONO.FM Radio, South Africa
- TwoOfUs.org and the National Healthy Marriage Resource Center (NHMRC),
- Singapore Morning Show
- Blog Talk Radio
- The Blissful Living and Loving Conference, Just Bee
- Positive Living with Patricia Raskin
- The Phil Donahue TV Show
- Disney Institute, Orlando, FL
- PlumTV

### **Mental Health Professionals**

- World Federation for Mental Health; Cairo, Egypt
- Israel Association of Marital & Family Therapy
- Imago Think Tank
- GoodTherapy.org
- The Conscious Relationship Summit
- Institute for Advancement of Human Behavior; CA
- The HUMOR Project; Saratoga, NY
- Northwest Institute of Relationship Therapy; Vancouver, Canada
- Mid-Atlantic Association for Imago Relationship Therapists; Washington, D.C.
- Southern Ohio Family Institute Cleveland, OH;
- Stetson University Counselor Education Program

## **BIOS**

### **Hedy Schleifer**

Hedy, Director of Schleifer and Associates in Miami Beach, Florida, is an internationally known relationship specialist, trainer, coach, workshop presenter, and motivational speaker. She received her M.A. in Clinical Psychology from Tel Aviv University, and launched her private practice in 1978. Formerly a member of the faculty of the Imago Relationship Institute, Hedy has trained and certified hundreds of therapists and workshop presenters in many countries in the practice of Imago Relationship Therapy. Hedy is the originator of the Encounter-centered Couples Therapy method of relational couples therapy. Fluent in six languages, Hedy travels globally, leading workshops for couples, and trainings for relationship specialists and corporate organizations. Her passion for teaching people how to create harmonious relationships and results-oriented connections makes her workshops, trainings and motivational speeches transformational.

### **Yumi Schleifer**

A Columbia University graduate, successful businessman and former aerospace engineer, Hedy's husband Yumi, has trained alongside Hedy in the Art of Constructive Relationships. Yumi has taught classes in Re-Evaluation Co-counseling and co-created a chapter of a foundation that promotes peace in the Middle East. Together, Hedy and Yumi are a powerful guiding force as leaders in the creation of a culture of Relational Intelligence and Relational Maturity in couples and organizations.

In September 2008, a documentary film was released, entitled "Hedy and Yumi: Crossing the Bridge" which tells the story of Hedy and Yumi's life, message and mission. The film won "Best Documentary" at the 2009 LA Femme Film Festival in Hollywood, California. Hedy and Yumi work together as a couple and bring their expertise in relationships to couples all over the world. They teach relational skills which are based on new paradigms and that are very effective, not only in primary relationships, but in all interaction with others.

## **Hedy Schleifer, MA, LMHC**

### *Extended Bio*

Hedy Schleifer is the Director of Schleifer & Associates, and the founder of the Tikkun Learning Center, in Miami Beach, Florida. Hedy is an internationally known psychotherapist, trainer, relationship coach, workshop presenter and motivational speaker. She earned her B.A. in Psychology from the University of California at Los Angeles, and her M.A. in Clinical and Child Psychology from Tel Aviv University. Hedy completed training in developmental play with Viola Brody, and has been certified by Harville Hendrix, Ph.D., as a Clinical Instructor and as a Workshop Presenter Trainer of Imago Relationship Therapy.

While living in Israel (1972-1978), Hedy counseled indigent families, and assisted families affected by the Yom Kippur war. In the United States, Hedy has worked in Christian-Jewish relations, with people with AIDS, and most particularly, assisted women in overcoming their personal development issues, and being empowered into their full potential. Together with her husband Yumi, she co-founded the Orlando Florida Chapter of the Foundation for Mid-East Communication, a group that created an environment for building relationships between Arabs and Jews.

From 1993 through 2003, together with her husband Yumi, a business man, and former aerospace engineer, Hedy pioneered the expansion of Imago Relationship Therapy in many countries, training hundreds of therapists and many workshop presenters, and leading relationship workshops for couples. Yumi and Hedy were catalysts in the establishment of Imago communities in South Africa, Israel, Austria, Switzerland, Sweden and Canada.

Today, Hedy travels extensively throughout the world bringing her passion and expertise in the “art of relationships” and “conflict dissolution”, to many settings, spanning the mental health, healthcare, religious, educational and corporate communities. Hedy currently bases her work with couples and her trainings on an integrative approach inspired by the philosophy of Martin Buber, as well as a variety of relational methodologies including Imago Relationship Therapy, Appreciative Inquiry, Re-evaluation Counseling, and Relational Neurobiology. She counsels, supervises, and trains psychotherapists worldwide, and together with Yumi, conducts workshops for couples in over 16 countries. Hedy and Yumi’s newest venture is training organizations on how to introduce a culture of “Relational Maturity” to the workplace.

In February 2007, Hedy appeared on Israel TV in a seven-part series entitled “Couples Therapy.” The series was nominated for an Emmy. In September 2008, a documentary film was released, entitled “Hedy and Yumi: Crossing the Bridge” which tells the story of Hedy and Yumi’s life, message and mission. The film won “Best Documentary” at the 2009 LA Femme Film Festival in Hollywood, California. On April 26, 2010, Hedy presented at the prestigious TEDxTelAviv Conference. The TED conferences bring together the world’s most fascinating scientists, artists, entrepreneurs, and academics. In November 2010, Hedy founded the Tikkun Learning Center to train relationship therapists in Encounter-centered Couples Therapy, the crystallization of her life’s work into the concept of the “three invisible connectors”: the Space, the Bridge, and the Encounter.

Born in Switzerland and raised in Belgium, Hedy is fluent in six languages. She and Yumi reside in Miami Beach, Florida. They have been married over 50 years and have two sons and eleven grandchildren. Hedy believes that world peace begins with the human family, and can best be achieved by creating strong, committed, and growing partnerships.



## TESTIMONIALS

“There are a total of seven rituals for couples to practice, and each ritual taught brought us to a deeper level of understanding towards our spouse and as a group. Every experience touched us in more ways than one, and at the end of each practice every single soul in the room is able to connect at different levels.”

**- Kris Ang, Teacher, Corporate Trainer and Consultant, Malaysia**

“We are not taught to successfully communicate with our spouses. This workshop provides an excellent method to create communication and growth as individuals and as a couple.”

**- Steve Kairis, Executive, Palm Beach, Florida**

“My husband and I had been working on our troubled marriage for a while. This three-day wonderfully experiential workshop suddenly clarified for us the tools at our disposal and gave us a deep perspective on the purpose and potential of our relationship. My investment in our relationship shifted when I realized, after years of not believing so, that this marriage CAN be the nurturing, lively, fun primary relationship that I have wished for. A terrific bonus of this workshop is that you get to spend three days with two persons, a teacher-couple, who were struggling mightily and who, with steady determination and consciousness, molded a union that is truly inspirational.”

**- Dr. Cheri R. Hadley, Dept. of Chemistry, University of California**

“Hedy and Yumi are unique – human, open, authentic, absolutely real. They put their heart and soul into connecting with every participant, combining their material with unconditional love, humor, and incredible wisdom, to provide a life changing experience that can’t be duplicated.”

**- David Steele, LMFT, Campbell, California**

“I have found the concepts, approach and skills offered through Adventures in Intimacy to be so powerful that “Crossing the Bridge” is becoming increasingly central to the work that I do with my own couples, as well as to my own connection with my partner. I can’t wait to receive additional training in Hedy’s Master Class to spread the word about this most deeply intimate way of connecting with one’s partner and healing one’s own wounds.”

**- Judi Spindelov, PsyD; Couple’s Counselor, Denver, Colorado**

“I did not think such a workshop existed; I have re-discovered love, fun, excitement within me. I have hopes and dreams of what can be. I leave with a bigger smile, a bigger heart and a newly discovered love for my partner and life in general.”

**- Haydee Rojac, Orlando, Florida**

More testimonials at [www.HedyYumi.com](http://www.HedyYumi.com)