



*Dr. Cheri*

CHERYL A. RAINEY, MBA, LMFT, PhD

*Expanding Lives*

*Transforming Relationships*

*Advancing Businesses*

## **BreakThrough Programs**

*"Although the world is full of suffering, it is also full of the overcoming of it."*

— HELEN KELLER

My **BreakThrough Programs** are highly personalized, intensive six-month processes designed for focused emotional growth and a newfound well-being. Over the years, I realized that people who work on their relationship in therapy only one hour per week, experience struggle and increased emotional pain, as well as a lengthy, drawn-out path to the healthy relationship they desire.

Therefore, I developed signature programs that allow for natural breakthroughs, which effectively diffuse the past, while creating a dynamic pathway to the future. Rather than simply treating symptoms with coping skills, the BreakThrough InnrSight™ method allows you to uncover and eliminate the causes of distress. The results are swift and long lasting.

Below you will find a sample process that loosely explains the structure of this program, and my philosophy on personal growth and development. Additionally, I have listed some of the tools we might use for your individualized program.

Together, beginning with our first discussion, we create your program based on the issues and concerns you want to address and the goals you want to achieve. The type of work we decide to do, as well as the number of months we decide to work together will determine which program you choose for your unique situation. The program durations range from one to six months.

After your BreakThrough Day, you will immediately experience the difference and begin living the life you desire. During the next few months, interactive, individualized coaching assists you to maintain and expand your new personal strengths within the demands of your environments, work relationships, and family.

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## **BreakThrough™ Programs**

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### **Sample Program:**

*"The art of healing comes from nature, not from the physician.  
Therefore the physician must start from nature, with an open mind."*

— PHILIPUS AUREOLUS PARACELSUS

- Exploratory interview covering **your concerns and desired outcomes**
- **Written intention** for the BreakThrough Program
- Online research-based survey/questionnaire to reveal limiting beliefs
- **Comprehensive, personalized questionnaire** to initiate and support your BreakThrough process
- **Follow up questions** probing more deeply into your initial answers
- Schedule and plan for **your personalized BreakThrough Day**
- **Preparation dinner** on the eve of your BreakThrough Day
- **BreakThrough Day experience**
- Follow up the BreakThrough experience with **three or more months of reserved-time personalized coaching calls** (minimum of one 1-hour call per month)
- Three additional months of coaching calls as client requests
- Telephone, Skype, or in-person coaching/therapy, as requested during four or six-month program

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## BreakThrough™ Programs

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### My Philosophy

*“When the student is ready, the master appears.”*

—SUFİ WİSDOM

Everyone has the natural ability to heal from past trauma or grief, and we each have the ability to move past anxieties, self-limiting beliefs, fears, and inner obstacles to reach new and exciting levels of personal development. To help clients discover patterns and issues within the larger context of their lives, I utilize “systems thinking” and energetic approaches that integrate mind, body, heart, and spirit.

Life provides opportunities for growth; you can learn from everything you have experienced in life. You are whole and unique - not broken. Yet, sometimes we feel stuck, or trapped by our own blind spots. With creative approaches, InnrSight™ processes, and passionate, in-depth facilitation, you can release blocked energy and dissolve obstacles to allow your emotional and physical healing. Most importantly, you will allow your natural integration into Who You Really Are.

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***For information on scheduling any of my BreakThrough Programs, please contact me at (850) 577-9253, or visit my website at [www.DrCheri.net](http://www.DrCheri.net).***

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#### Cheryl A. Rainey, MBA, LMFT, PhD

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#### CERTIFICATIONS AND SPECIALIZED TRAINING

##### *Trauma and Disturbing Life Events:*

Emergency State Responders for Florida, 2010  
Eye Movement Desensitizing and Reprocessing (EMDR)  
Certification, 2007

##### *Couples Therapy:*

Crucible® Sexual Therapy, 2004  
Emotionally Focused Therapy (EFT), 2002  
Gottman Relationship Institute, 2003

##### *Psychometric Assessments:*

DISC Assessment Certification, 1994  
Harrison Assessments Certification, 2009  
Myers-Briggs Type Instrument (MBTI) Certification, 2001

##### *Management Consulting:*

Certified Management Consultant (CMC), 1995

#### MEMBERSHIPS

American Association of Marriage and Family Therapists  
(AAMFT) 2000- Present  
American Psychology Association (APA), 2006 – Present  
American Society of Training and Development (ASTD),  
1989 - Present  
Eye Movement Desensitizing and Reprocessing  
International Association (EMDRIA), 2002 – Present  
Institute of Management Consultants (IMC), 1995 - Present