

# Linda Wing, LCSW

## Areas of Emphasis

- Couples/marriage counseling
- Relationship seminars and workshops
- Individual counseling
- Children's/Adolescents' issues
- Parental and blended family (stepfamily) issues

## About Me

Lasting love and meaningful relationships are what everyone longs for with partners, families, and children. I believe you can learn to create the life and the love that you desire.

## Gottman Certification

John Gottman is the leading researcher on marital relations in the country today. In Gottman's "Love Lab" in Seattle, WA, he has researched thousands of couples in long-term studies. Couples are observed, monitored by EEG and EKG, and videotaped moment by moment as they interact with one another. Gottman has created a body of research based on all of this scientific data, which validates some important (if obvious) truths about intimate couple-ship.

Both Bill and I have trained with the Gottmans in Seattle, and I am a Certified Gottman Therapist and Workshop Leader. We use the scientific information we have learned to help couples have better relationships. Gottman's methods include teaching clients practical ways of improving relationships. Gottman techniques also validate the skills we teach in our PAIRS workshops. We want couples to learn to use skillful ways to connect, not just in our offices but at home where it really counts.

*My office hours are Monday through Thursday. All PAIRS workshops are held on weekends.*

Call me at (314) 983-0070 to make an appointment.

## Certifications

- LCSW, Missouri, 1992-Present
- Certified Gottman Therapist, 2006
- Certified Gottman Workshop Leader, 2007
- PAIRS Education Training, 1997
- PAIRS Master Teacher Training, 1999
- Gestalt Training Certificate, 1994

## Professional Affiliations

- Member, Psychotherapy St. Louis, 2003-Present

## Selected Articles and Publications

- *St. Louis Post-Dispatch* "The Big Bad 4 Sex, In-laws, Money, Chores," Feb 2009
- Chapter in the book *Building Intimate Relationships*, "Step-families and PIRS," 2003
- *Progressive Woman*: "What Fathers Need to Know, Tips for Divorced Dads"
- *Kansas City Star*: "Nuptial Numbers Show Society's Trend Away from Marriage"
- *St. Louis Post-Dispatch*: "If Cupid Misses... Resources Helping People Get to the Heart of the Matter"
- *St. Charles Post*: "If Cupid Misses... Resources Help Get To Heart Of Matter"

## About Gottman Training

My husband Bill and I were both trained by the Gottman Institute. I am a certified John Gottman Therapist and Workshop Leader.

The Gottman Institute was created by John and Julie Gottman. In his career, John Gottman has scientifically researched thousands of couples to see what really makes marriages healthy and happy. His resulting therapeutic techniques have been improving the lives of couples in all stages of relationships for decades.

John Gottman can predict future divorce within 15 minutes of observing a couple talking about a stressful situation. Gottman has written a number of books describing the findings of his research. At the Gottman clinic, couples are videotaped and monitored for heart rate, sweat output, and nonverbal communication. Gottman's research shows that certain physical and verbal cues are accurate predictors of the future of his clients' relationships.

While we no longer videotape couples at the Relationship Center, we use Gottman's techniques for listening, observing, and guiding couples toward more loving relationships. We periodically hold a workshop discussing Gottman principles called "The Art and Science of Love." If you're interested in attending this workshop, please call Linda Wing at (314)983-0070.

## Selected Presentations

### **PAIRS Relationship Mastery Course**

Seventeen 120-hour courses, St. Louis, Missouri, 1996 to Present

### **How to Have a Great Relationship**

The Relationship Center of St. Louis, St. Louis, Missouri, August 2009

### **Couples and Recovery**

Harris House Inpatient and Outpatient Alcohol and Substance Abuse Treatment Center, St. Louis, Missouri, August 2009

### **A Skill-Based Approach to Helping Couples 'Fall in Love' Again**

St. Louis E.P. annual conference at The Hyland Center at St. Anthony's Medical Center, St. Louis, MO, February 2008.

### **Self Care and Coping with College Life**

Southwestern Illinois College, Belleville, IL, February 2008

## **Irresolvable But Not Terminal: How Difficult Issues between Partners Can Lead to Greater Intimacy**

Care and Counseling, St. Louis, MO, October, 2007

## **Passage to Intimacy**

Renaissance Hotel, Valentine's Day special weekend workshop, World President's Organization, St. Louis, MO, February 2006

## **Conflict Regulation**

The St. Louis Archdiocese Marriage Enrichment Group, St. Louis, MO, August, 2005, February 2006

## **Antidotes for Four Common Mistakes That Can Poison Your Marriage**

Elliot Chapel, St. Louis Chapter of the Association of Couples on Marriage Enrichment, Kirkwood, MO, January 2005

## **Building Intimate Relationships**

St. Louis University, Three-day Workshops for the Bosnian Community, The Cana Institute, St. Louis, MO, May 2004

## **Improving Communication Skills with Co-workers**

Childcare Center of Webster Groves, St. Louis, MO, February 2003

## **Creating a Healthy Intimate Relationship**

The Ethical Society, St. Louis, MO, July 2001

## **The Eight Traits of Thriving Couples**

REPAIRS, St. Louis, MO, November & December 2000

## **Blended Families**

Kids in The Middle, Kirkwood, MO, May 1999

## **The Work of a Relationship**

Central Presbyterian Church Singles Group, St. Louis, MO, February 1998

## **How to Have a Healthy Relationship**

St Timothy's Episcopal Church, PRSD, Singles and Divorced Group, St Louis, MO, October, 1998

## **Taking Charge of Change**

All day seminar at Charleston Air Force Base, Charleston, SC

## **Sometimes Helpers Need Help Too!!**

Group Facilitation on three different occasions for flood relief counselors at St. Joseph Health Center, Kirkwood, MO

## **Parenting Teens: A Time to Say 'No,' A Time to Let Go**

St. John's Mercy Medical Center ABTEC Support Group, St. Louis, MO

## **On Your Own...Single Parenting in the 90's**

Tyler Place Presbyterian Church, St. Louis, MO

## **The Changing Family: Coping with a Non-Traditional Household**

School Peer Helper Conference at DePaul Health Center, St. Louis, MO

### **The Special Challenges of Parenting After Divorce**

Kids in the Middle, Inc. Parent Education Series, St. Louis, MO

Single Parent and Blended Family Conference at Shaare Emeth Temple, St. Louis, MO

3rd Annual Conference for Separated and Divorced, Single & Widowed at the National Shrine of Our Lady of the Snows, St. Louis, MO

St. Mary's Wellness Program, St. Louis, MO

### **Coping with Teenagers in a Stepfamily**

Conference on Remarriage and Blending Families at the National Shrine of Our Lady of the Snows

### **Working with the Blended Family**

Kids in the Middle, Inc. Building Healthy Families Series, St. Louis, MO

St. Louis Association for the Education of Young Children Program, St. Louis, MO

University of Missouri-St. Louis Counseling Service Staff Meeting, St. Louis, MO

### **How to Prevent Burnout**

St. Louis Community College at Florissant Valley Seminar for Practicum Supervisors, Florissant, MO

### **Getting Past It: Group for Women Sexually Abused as Children**

Six-week Educational Therapy Program at Provident Counseling, Inc., St. Louis, MO

## **Print Publications**

- "The Big Bad 4 Sex, In-laws, Money, Chores," *St. Louis Post-Dispatch*
- "Step-Families and PIRS," Chapter in the book *Building Intimate Relationships*
- "What Fathers Need to Know, Tips for Divorced Dads," *Progressive Woman*
- "Nuptial Numbers Show Society's Trend Away from Marriage," *Kansas City Star*
- "If Cupid Misses... Resources Helping People Get To Heart of the Matter," *St. Louis Post-Dispatch*
- "If Cupid Misses... Resources Help Get To Heart of Matter," *St. Charles Post*