

2016 Event Calendar

Seminars Webinars Groups

www.blueskiesberlin.com

Blue Skies GbR
Dr. Ingo Tophoven, M.A., Ph.D. (USA)
Capri Tophoven, M.A., L.P.C. (USA)
Dina Gehr, M.A. (USA)
Mail: Taylorstr. 8a
Office: Hüttenweg 46
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A Personal Greeting...



January 1st, 2016

Hello Blue Skies friends and *Hello* to those 'stopping by' for the first time,

I am excited that you are taking a look at the 2016 Blue Skies events calendar right now. Our seminars, webinars, and groups are designed for you to take advantage of affordable, English-speaking, educational events.

This year we are featuring [seminar](#) and [webinar](#) tracks consisting of two main topics: **marriage** and **parenting**. We also have three ten-week [groups](#) that we are offering: one about life-balance, another one on co-dependency and a confidential educational/support group for men wanting to achieve sexual health. After you have taken a closer look at the various topics in this events calendar, I am confident something might be useful for you or someone you know. Feel free to send us suggestions for 2017.

Professional webinars and seminars are usually quite expensive. Our events are professional-grade, but our prices are not. The regular attendance fee per event is locked in at 20 Euros, plus we take off another 5 Euros if you pre-register and pay before the event (except for groups). Students with ID pay a nominal fee of 5 Euros (regardless of registration) per event. Refugees/asylum seekers or people in dire straits financially will get free/donation based access to our seminars and webinars. We hope that you will take advantage of these events and find your life, your marriage and/or your parenting roles strengthened and encouraged. [To register, go to our website](#), 2016 events, find the event you want to attend, and register there for any of the 40+ events in our program this year. That's it.

If you like to schedule a confidential, free, individual appointment, you can do so via email or call one of the counselors. Each counselor's cell phone is listed at the end of his/her bio below — for scheduling use only, of course. **At Blue Skies, the first 50-minutes are always free** so you can get to know how we work and we can find out if we can do a good job with the presenting issues you are bring.

Capri, Dina, and I hope to meet you personally after one of the Blue Skies events. Until then and in hopes of a personally peaceful and blessed year 2016.



Dr. Ingo Tophoven, M.A., Ph.D. (USA)
+49 (0)30 8472 1375
Skype: ingotophoven

Presenter Bio: Capri Tophoven

Capri Tophoven, M.A., L.P.C. (USA)

Mrs. Tophoven (Ortega) grew up in San Antonio, Texas, USA. She graduated from Liberty University in Lynchburg, Virginia, with a B.S. in Psychology. In 1991 Mrs. Tophoven ventured out to Regent University in Virginia Beach where she obtained her M.A. in counselling psychology. It was at Regent University where she met her future husband, Ingo Tophoven, a German native. They married in Norfolk, Virginia, in 1993, under a big magnolia tree on banks of the Lafayette river.



Since graduation Mrs. Tophoven acquired her state license (L.P.C – Texas) and has worked in family therapy and individual counselling specialising on adolescent and women's issues, especially depression, anxiety and cross-cultural adjustment. Mrs. Tophoven also has extensive group therapy experience on top of her 20 years of individual counseling experience, leading women's groups, groups dealing with trauma and depression, as well as various support groups over the course of her professional life.

Being married bi-culturally and having lived in various places in the world, she especially connects with the expat and military communities of Berlin, Germany, and Europe. Other work experiences include: outpatient clinical settings, psychiatric hospitals, church counselling settings, and contract mental-health work. She is the mother of three children, Lukas (19), Katharina (17) and Annika (14) and two unruly cats, Goji and Cora.

Apart from being a caring mom and a competent professional, Mrs. Tophoven loves to read anything WW2, biographies, and historical fiction.

Blue Skies only does scheduled appointments, no walk-ins. You can schedule an appointment with Capri via cell or e-mail. Contact Capri for a confidential, 50-minute free session at:

Capri Cell: +49 (0)170-3293-965

E-Mail: ctophoven@yahoo.com

Office: [Hüttenweg 46, 14195 Berlin](#)

Presenter Bio: Ingo Tophoven

Dr. Ingo Tophoven, M.A., Ph.D. (USA)

Mr. Tophoven was born and raised in Krefeld, Germany, near the border to Holland. After his *Abitur* and civil service in a senior citizen home, Mr. Tophoven travelled to the USA with a suitcase and a backpack in order to find a college where he could study. He received his B.A. (English Literature and Psychology – Double Major) from Evangel University in Springfield, Missouri. An M.A. degree in Counselling Psychology followed from Regent University (Virginia Beach, VA). In 2014 Mr. Tophoven finished a CACREP accredited Ph.D. in counsellor education and supervision from Regent University with a dissertation entitled *Long-Lasting, Satisfied, Bicultural United States Veterans and German Spouses: A Phenomenological Study*.

Dr. Tophoven specialises in developing and doing effective marriage counselling with couples, especially with bi-cultural couples. Over the course of the last 20 years, Dr. Tophoven has established an approach to marriage counselling that helps couples in crisis deal with their issues in a comprehensive, contextual, and intensive way, in order to effectively assess a marriage and create hope-focused trajectories towards change.



Other key work experiences: psychiatric hospitals, residential treatment facilities, director of a church-based counselling center, and private practice both in the USA and Germany. Mr. Tophoven has spoken regularly at professional conferences, businesses, non-profit organisations, and government events. Ingo and Capri also co-lead a live call-in radio show reaching southern Texas and northern Mexico.

Since receiving a diagnosis of diabetes II in 2008, Dr. Tophoven had to personally learn much about diabetes control, the psychology of weight loss and eating, and the demands that busy people face when dealing with health issues. A former triathlete, German hockey champion, and finisher of the ironman Europe and 8 marathons, Mr. Tophoven is no stranger to exercise. Still no history of athletic achievement can do away with today's stressful and unhealthy living. Therefore, some of our groups are directed at learning how to help face and resolve the emotional underpinnings of unhealthy life-styles through a variety of proven techniques (see Groups Overview).

Blue Skies counselors only see clients with pre-scheduled appointments, no walk-ins. You can schedule an appointment with Ingo via cell or e-mail. Contact Ingo for a confidential, 50-minute free session at:

Ingo Cell: +49 (0)151-1725-4690

E-Mail: doktor.it.phd@gmail.com

Office: [Hüttenweg 46, 14195 Berlin](#)

Presenter Bio: Dina Gehr

Dina Gehr, M.A. (USA)

Mrs. Gehr grew up in Winterthur, Switzerland. After her Matura she studied at the University of St. Gallen and obtained a BA in International Affairs and Governance. Mrs. Gehr then completed an internship at Metro World Child in New York City, USA, where she worked with inner-city children. This experience led her to her studies in Counseling Psychology at Trinity International University in Miami, USA.



Mrs. Gehr now holds a MA in Counseling Psychology with Summa Cum Laude. She has successfully completed two internships of which one was at a counseling center in Miami, USA, that specialized in supporting families in crisis situations and unwanted pregnancies. The other internship took place at the psychiatric unit for mood disorders at the Evangelisches Krankenhaus Königin Elisabeth Herzberge in Berlin, Germany.

Mrs. Gehr focuses on depression and anxiety, on supporting women throughout their pregnancies and first years of parenting, and on athletes. She is married bi-culturally and the mother of a son (1). She lives in a quadri-lingual home and was an actively competing figure skater for over 12 years and a figure skating coach for 6 years.

Mrs. Gehr loves spending time with her friends, travel, play the piano, and cuddle up with a good book. "I can't stop reading" once immersed in her favorite reads.

Blue Skies only does scheduled appointments, no walk-ins. You can schedule an appointment with Dina via cell or e-mail. Contact Dina for a confidential, 50-minute free session at:

Dina Cell: +49 (0)176-9865-0509

E-Mail: gehr.counseling@gmail.com

Office: [Hüttenweg 46, 14195 Berlin](#)

2016 Marriage Track Overview

Track Leader and Presenter: Ingo

	Seminars Length: 120 minutes. Where: Connections and IBC	Webinars Length: 60 minutes. Where: WebEx
Jan	Saturday 30, 9:30am-11:30am at IBC <u>Before You Say 'I do'</u> Learn about elements of solid marital preparation	Tuesday 26, 2:00pm-3:00pm on WebEx <u>Let's Talk!</u> Couple Communication 101. Basic but crucial
Feb	Saturday 27, 9:30am-11:30am at Connections Moving Towards Good Marriage What makes a good marriage?	Tuesday 23, 2:00pm-3:00pm on WebEx How Are We Really Doing? Effective assessment strategies for your marriage
Mar	Saturday 26, 9:30am-11:30am at Connections Sexuality & Intimacy in Marriage Move away from sexual avoidance or addiction. Develop strategies towards fulfilled couple intimacy	Tuesday 22, 2:00pm-3:00pm on WebEx Addressing Sexual Issues in Marriage An short overview of diagnosable sexual issues & how to talk about them with your partner
Apr	Saturday 30, 9:30am-11:30am at Connections Divorce And Faith When healing never comes and hope has faded	Tuesday 26, 2:00pm-3:00pm on WebEx Safety In Marriage Steps to make your marriage the safest place to be
May	Saturday 21, 9:30am-11:30am at Connections Bi-Cultural Marriages Learn about global trends, challenges, and opportunities of those marrying across cultures	Tuesday 17, 2:00pm-3:00pm on WebEx The Early Married Years Laying solid foundations: identify challenges and make the most of the early years of marriage
Jun	Saturday 25, 9:30am-11:30am at Connections Pain & Desperation In Marriage How to start new in marriage and deal with painful memories, thoughts, feelings	Tuesday 21, 2:00pm-3:00pm on WebEx If Only One Is Trying What to do if only one partner seems to be trying to change and save a marriage
Jul	Summer Break	Summer Break
Aug	Saturday 20, 9:30am-11:30am at Connections Becoming One In Marriage. What Is It? Steps towards a living experience of marital unity	Tuesday 16, 2:00pm-3:00pm on WebEx Surviving The Baby/Toddler Years Keeping up realistic marital satisfaction
Sep	Saturday 17, 9:30am-11:30am at Connections A Plea For Life-Long Marriage Where does marriage stand in today's global world?	Tuesday 13, 2:00pm-3:00pm on WebEx Pornography In Marriage Proven strategies remove porn from your personal, marital, and family life
Oct	Saturday 22, 9:30am-11:30am at Connections Strengthening Marriage Via Church What can churches do to strengthen marriages and those wanting to marry	Tuesday 18, 2:00pm-3:00pm on WebEx Singleness, Faith, And Marriage Encouragement for singles to build their faith and relationship dreams
Nov	Saturday 19, 9:30am-11:30am at Connections Anger And Violence In Relationships Facing the truth, assessing, making decisions	Tuesday 15, 2:00pm-3:00pm on WebEx Marriage On The Mission Field Unique challenges and solutions in marriage relationships when serving in foreign countries
Dec	Saturday 17, 9:30am-11:30am at Connections Mental Health & Marriage Dealing with diagnosable mental health conditions in committed relationships.	Tuesday 13, 2:00pm-3:00pm on WebEx Choosing A Counselor Or Coach Considerations when walking through the jungle of therapeutic offers

2016 Parenting Track Overview

Track Leaders and Presenters: Capri and/or Dina

Seminars

Length: 120 minutes. Where: Connections

Webinars

Length: 60 minutes. Where: WebEx

Jan	Saturday 30, 9:30am-11:30am at Connections Depression In Children And Teens Identify symptoms/behaviors of depression in children and get practical tips to support your child effectively	Tuesday 26, 12:30pm-1:30pm on WebEx Attachment And Bonding: An Overview Learn about key attachment styles, obstacles, and why successes depend on healthy attachments
Feb	Saturday 20, 9:30am-11:30am at Connections Anxiety In Children And Teens Identify symptoms/behaviors of anxiety in children and get practical tips to support your child effectively	Tuesday 23, 12:30pm-1:30pm on WebEx Fostering Your Child's Autonomy Learn to help support and develop a healthy sense of self in your child early on
Mar	Saturday 19, 9:30am-11:30am at Connections Becoming A Parent For The First Time Personal and professional support for first timers	Tuesday 22, 12:30pm-1:30pm on WebEx Talking To Your Child/Teen About Terrorism A much needed discussion of what to do and say
Apr	Saturday 23, 9:30am-11:30am at Connections Parenting Your Children Ages 2-5 Learn all about age/stage appropriate parenting	Tuesday 26, 12:30pm-1:30pm on WebEx Raising Emotionally Intelligent Children Practical tips to foster and increase your child's EQ
Mai	Saturday 28, 9:30am-11:30am at Connections Parenting Your Children Ages 6-12 Learn about age/stage appropriate parenting	Tuesday 17, 12:30pm-1:30pm on WebEx Dealing With Sibling Rivalry To intervene or not to intervene. Practical tips.
Jun	Saturday 18, 9:30am-11:30am at Connections Parenting Your Children Ages 13-15 Learn all about age/stage appropriate parenting	Tuesday 21, 12:30pm-1:30pm on WebEx Help! I Think I Have Post-Partum Depression Post-partum depression is real. Practical answers.
Jul	Summer Break	Summer Break
Aug	Saturday 27, 9:30am-11:30am at Connections Parenting Your Children Ages 16-18 Learn all about age/stage appropriate parenting	Tuesday 16, 12:30pm-1:30pm on WebEx Dealing With Bullying/Mobbing Whether at school or anywhere else, mobbing must be addressed. Respond decisively and reasonably
Sep	Saturday 24, 9:30am-11:30am at Connections Creating Your Own Healthy Parenting Style Healthy parenting is not easily defined. Defining your own healthy style of parenting is this seminar's goal	Tuesday 13, 12:30pm-1:30pm on WebEx The Four Parenting Styles One way of looking at parenting: the four parenting style matrix. Learn all about it in this webinar
Okt	Saturday 29, 9:30am-11:30am at Connections Multi-Cultural Parenting Challenges This seminar addresses unique challenges and opportunities of multicultural parents	Tuesday 18, 12:30pm-1:30pm on WebEx Co-Dependency And Parenting Eliminating unhealthy parenting patterns from your marriage and replace them with something better
Nov	Saturday 26, 9:30am-11:30am at Connections Co-Parenting For Divorced Or Separated Parents Children must be protected as much as possible in a divorce or separation. Learn how to in this seminar.	Tuesday 15, 12:30pm-1:30pm on WebEx Tips For Successful Patchwork/Blended Families Strategies for merging your families based on some proven principles of success
Dec	Saturday 17, 9:30am-11:30am at Connections Dealing With Extended Family Influences This seminar is about maintaining your parenting sanity while relating well to extended family members	Tuesday 13, 12:30pm-1:30pm on WebEx Merging Traditions Committed couples can learn to merge and create new traditions: An attempt at parenting synthesis.

2016 Spring Group Overview

Group Leader: Ingo

About Groups (Therapy Groups/Psycho-Educational Groups/Support Groups)

Blue Skies groups are professionally-led, confidential, therapeutic and/or educational support meetings with no more than 8 participants. Once started, groups are closed (no new members after a group begins). A group meeting lasts 90 minutes/per meeting for a total of 10 consecutive weekly meetings. Each group costs 20 Euros per meeting. Fees are prepaid. Stipends are available upon request, if needed.

Spring:
Group 1

Sexual Health For Men - Dealing With Pornography And Other Myths

Format:
Webinar

This group is a closed group for men who want to learn how to achieve better sexual health. Moving away from pornography is one goal of this group, but not the only goal. While many men regularly deal with pornography, there are many other versions of sexuality that do not 'deliver', such as performance anxiety, erection problems, physical ailments, coping with painful memories, etc. The scope of sexual myths, dysfunctions, addictions, and avoidances are quite extensive for men. This online webinar group is the first of its kind (as far as we know). The group will meet for 10 sessions. Every potential group member will be pre-interviewed by Dr. Tophoven in order to make sure that the group's goals and the participant's goals will work out well together. The sessions will provide a platform to learn about sexual health (talking more about 'what works' instead of 'what is wrong'), have a confidential place to get resources or find resources for one's particular issues, and have an opportunity for mutual support on a journey towards better sexual health for men.

Starts:
Thursday
February 25

Time:
13:00

Group Objectives:

Leader:
Ingo

- Learn truth and myths about male sexual behavior
- Grapple with 'what is sexual health' for men in today's day and age
- Understand male sexual dysfunctions from a clinical view
- Learn about strategies to move towards sexual health (move from porn to intimacy, for inst.)
- Know you are not alone in dealing with sexual issues of all kinds
- Pick up some practical tips to use in your own life and move towards good couple intimacy

Spring:
Group 2

The Psychology of Weight Loss & Life-Balance: Learning How To Move & Eat Well

Format:
Outdoors/
Experiential

Group Description: This is an outdoor educational/experiential group for all those that need encouragement to achieve a lasting impact to slow down, move away from stress/busyness and integrate movement back into one's life. Each 90-minute meeting will include a) educational information weight loss and life-balance, b) group cohesion exercises, c) mindfulness and relaxation training, d) exposure to fitness training exercises that require no gym membership. Nobody will be left behind and all teachings and movements are adaptable to one's abilities. The focus is on enjoying one's own capacity for focused and playful movement in safe ways again and to learn about the psychology of movement and mindfulness. Groups will be ended with a voluntary Christian prayer.

Starts:
March 16

Time:
10:30

Leader:
Ingo

When? Starts Wednesday, March 16th for 10 weeks consecutively, 10:30am-12:00pm. **Where?** [Wiener Feinbäcker Parking Lot](#) (no, we won't eat sweets here), Görtzallee 1, 12207 Berlin. We meet rain or shine. Be 5 minutes early. Most activities will be alongside Teltower canal and adjacent parks. **What to bring?** Wear comfortable, weather-appropriate sports clothing and shoes. **Who?** People with diabetes I/II or other life-long illnesses, overweight people, stressed out moms and dads, busy clergy, busy professionals, and anyone needing to connect to movement again. **Cost?** 200 Euros/prepaid, which includes materials and one follow-up individual session (119 Euro value) with Dr. Tophoven in order to individually and confidentially process your group experiences and develop a strategy to maintain any gains. Deutsche Übersetzung wird bei Bedarf angeboten. No make-up meetings.

2016 Fall Group Overview

Group Leader: Capri

About Groups (Therapy Groups/Psycho-Educational Groups/Support Groups)

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Fall:
Group 1

Overcoming Co-Dependent And Unhealthy Relationship Patterns

Starts
Monday
Sept 5

When? Starts Monday, September 5th, 18:30pm - 20:00pm. **Where?** Our office: [Hüttenweg 46, 14195 Berlin](#). We meet rain or shine. Be 5 minutes early. Most activities will be in the conference room at this location. **Cost?** 200 Euros/prepaid. Group leader: Capri Tophoven (see Bio).

Led by:
Capri

Group Description: This is a psycho-educational and strictly confidential therapy group. Participants will be screened by the group leader, Capri Tophoven, to maximise the effectiveness of this group. Participants will be encouraged to share if they so choose; and they will be able to learn about patterns of unhealthy and/or co-dependent relationships in their lives and what to do about them. Capri Tophoven has extensive group therapy experience and will guide the group safely in learning and healing processes. In this group you will...

- Define co-dependency in practical terms
- Learn how you 'benefit' from co-dependent behaviors and thoughts
- Develop a practical plan to get your life back
- Identify the difference between 'caring' and 'co-dependency'
- Identify the difference between 'self-ish' and 'self-less'
- Define 'being assertive'
- Start your journey towards recovery in the group

Registration: 3 Simple Steps

1. Go to www.blueskiesberlin.com /2016 events
2. Pick your event and click on its registration button
3. Send us your name and email.

That's it. We hope to see you soon!