



Ask Arlo New episodes

I am a couples therapist and believe deeply in the healing power of relationships. I believe that we repeat our childhood trauma with the person we connect to and love, and that if we learn to manage our reactions differently, we can begin to heal that trauma. To do this, we have to hear our partner's side, instead of instinctively defending ourselves and fighting for our side. Of course, this has to go both ways, and we then heal when we mutually experience the generosity of the other. Ask Arlo releases new episodes every month on the VoiceAmerica Health and Wellness Channel.

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