

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Straight Talk with Sandra Reich Archives Available

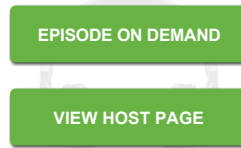
December 31st 2015: Relationships, couple therapy and retreats

Sandra discusses latest research on couple therapy and how science provides strategies that can change your couple forever. Sandra is also joined by Clinical Manger of The Montreal Center for Anxiety and Depression Robert Wise who gives his perspective on what he observed at last couple retreat in Mexico as well as the importance of integrating mind and body in the journey of change.



Tune in

Archives Available on VoiceAmerica Health and Wellness Channel



Featured Guest



Robert Wise

Robert Wise is the Clinical Manager of The Montreal Center for Anxiety and Depression and Yoga Instructor at Sandra Reich's couple retreats. Robert's broad experience in working with the public, and comprehensive understanding of psychology has provided him with a unique skill set for attending to each client and each call with that personalized touch, great empathy and expertise.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

