

Dear Sarah and Chase;

I hope you've both been well since we last spoke! Wendi L. Dumbroff, MA, LPC, very much enjoyed being a guest on the '***I Do***' podcast. Her current focus is on the vulnerability cycle. I know there have been some scheduling conflicts in the recent past, but she would love to return to your show!

Dumbroff hopes to emphasize the importance of the Vulnerability Cycle, a technique she uses with many of her couple clients. The Vulnerability Cycle explains how the actions of each individual in a relationship are often connected to their younger self and how they were treated during their childhood. This cycle was developed by Michele Scheinkman and Mona Fishbame, and Wendi can authoritatively speak about the benefits of using this cycle to help externalize a problem between both partners in a relationship.

Wendi would speak on "The Vulnerability Cycle." This is a topic that would resonate with your audience. As you may recall, Wendi previously spoke on sex therapy and mindfulness. Additionally, we pitched her on understanding shame. Unfortunately, schedules didn't align, and we were invited to re-pitch at a later date!!

She can certainly discuss either 'The Vulnerability Cycle' and /or the long-term effects of Shame and how it affects intimacy.

["All About Sex Therapy"](#) – past episode

Dumbroff is a Licensed Professional Counselor in private practice where she specializes in individual, family, couples, and sex therapy. She is a highly trained couple and sex therapist who provides a safe, non-judgmental, and sex-positive environment. In addition, Dumbroff is a certified teacher of mindfulness and meditation and brings these tools into her practice. As she explains, "Mindfulness helps people create a pause. It allows one to step back and say, 'what are my thoughts and what are my feelings' - it creates a space for people to make different choices, among many other benefits."

A sought-after media resource, Wendi has appeared in numerous print and broadcast outlets To view the full spectrum of Wendi's media coverage, please click here:

<https://wendidumbrofftherapy.com/press/>

Wendi has a social media following and promotes her guest spots on her website, through press releases, and across social media channels. She would be an engaging and charismatic guest for your show.

Thank you for your consideration.

Warm regards,

Amy Delman

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