

The Mother Project

**Enhancing the
experience of
motherhood.**

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About Claudia Luiz

Claudia Sheftel-Luiz received her Ed.M. from Harvard University in 1987 and her MA from the Boston Graduate School of Psychoanalysis in 1995. She was awarded her Certificate in Psychoanalysis in 1997.

For over 20 years, Claudia has had a private practice in psychoanalytic psychotherapy, working with adults, adolescents, couples and groups and leading workshops on emotional education.

Claudia also writes *Claudia Confidentially*, a health/life column, which can be accessed at www.claudialuiz.com and on the web.

In 2006, Claudia was the first-place winner of the Phyllis Meadow Award for Excellence in Psychoanalytic Writing. In 2008 she was also first-place winner of the Writer's Digest Best Writer's Website award. A frequent guest on news and radio shows, she has been featured on *Chronicle*, in *The Boston Globe*, and other local area publications. To read her blog, visit [Claudialuiz.com/blog.html](http:// Claudialuiz.com/blog.html).

About “The Project”

The Mother Project provides women with constructive, supportive and safe study groups, to explore and examine questions and concerns about family life.

Mothers share their experiences with each other under the guidance of an experienced leader, in a non-judgmental environment.

Here is what you can expect to find at The Mother Project:

- A way to study and analyze emotions, such as guilt or anxiety, and family dynamics, ranging from sibling rivalry to rebellious teens.
- A community to share thoughts and feelings with.
- A range of approaches and perspectives about any given problem or concern.
- An inexpensive alternative to psychotherapy that combines the benefits of emotional exploration with the advantages of education.

Study Group Topics

Study groups are formed according to the interests and concerns of the participants. The following are sample topics.

- How to manage frustration with “high-maintenance” children.
- How to create a great mother-child relationship.
- How to live with your choice of motherhood as a vocation.
- How to improve family relationships.
- How to remain attentive to your own health and fitness.
- How to help children to listen and learn.

Project Goals

In their study groups, mothers learn how to use their perceptions and understanding to develop suitable approaches. The goal of the groups is both to facilitate parenting and to enhance the experience of motherhood.

How it Works

Each study group is composed of 6 to 8 participants, who are brought together according to similar interests and concerns.

Study groups meet for six weekly sessions, for an hour and a half each.

The cost for each six-week study group is \$180, payable in advance.

An initial interview, to ensure appropriate placement, is included in the cost of the six-week session.

Location

18 LaSalle Road
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