

# Rokelle Lerner Fall Workshop Schedule!

## Formerly Spring Workshops



Rokelle Lerner

## ABOUT THE WORKSHOPS:

Often those in recovery need a boost in healing from trauma, relationship issues or other process addictions. Rokelle Lerner Workshops are intensive two-day seminars where individual attention is given to each participant. These workshops are not just a "rehashing" of issues. They offer a strong focus on resiliency and creating an action plan for the future that gives individuals a chance to move forward in their growth.

### For more information Contact:

- Catty White  
+44 7785 717654  
cattyw1@yahoo.co.uk
- Rokelle Lerner  
Rokelle@rokellelerner.com

### About Rokelle Lerner:

Rokelle is the Senior Clinical Advisor for Crossroads Centre Antigua. She is an international consultant and lecturer on addiction, trauma and relationship issues. For the past twenty-one years Rokelle has facilitated Spring Workshops in London, UK. Ms Lerner has authored many books including: The Object of My Affection is in My Reflection: Coping with Narcissists, Affirmations for Adult Children of Alcoholics, Affirmations for the Inner Child, Living in the Comfort Zone: The Gift of Boundaries in Relationships and Inkspirations: A Coloring Book that Celebrates Recovery.

**Workshops are limited to 10 people.**

**November 5th and 6th:**

### Developing Healthy Boundaries

All too often, relationship and boundary issues exacerbate violence, propels marital breakup and encourages relapse. This workshop offers specific techniques based on current research that allows individuals in recovery to develop an internal sense of value, integrity and self-control.

**November 9th and 10th:**

### Healing Our Shame (Or Trauma and Resiliency)

Shame often prevents your traumatized clients' recovery and hampers their ability to find relief and perspective despite effective treatment. This workshop will provide participants with mindfulness strategies and other effective healing tools that promote resiliency and diminish the destructive effects of shame.

**November 12th and 13th:**

### Learning to Let Go

This powerful weekend workshop will provide participants the opportunity to enhance their growth by exploring and practicing the dynamics of letting go, acceptance, and ultimately forgiveness

### Place for all sessions:

**The Montague on  
the Garden Hotel**  
15 Montague Street  
LONDON  
WC1B 5BJ

### Payment options:

Credit card, or  
cheques payable to:  
Crossroads Antigua  
Foundation

### Mail to:

**Crossroads Antigua  
Foundation**  
**c/o Bushbranch Limited**  
Suite 3 Old King's Head Court  
Dorking Surrey  
RH4 1AR

### Cost:

£380 for each of  
the workshops  
or £1100 for all three

**Time: 10-5 daily**

### To register please contact:

**Sandra McCoy:**

smccoy@crossroadsantigua.org



[crossroadsantigua.org](http://crossroadsantigua.org)