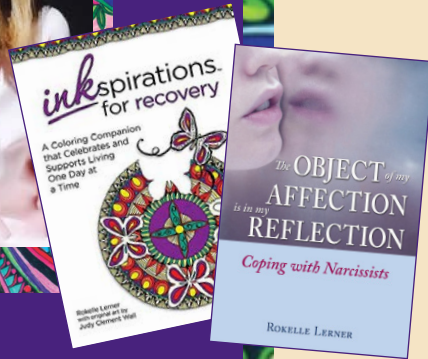


Rokelle Lerner Fall Workshop Schedule



Rokelle Lerner



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.

October 14th and 15th:

From Codependency to 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.

October 18th and 19th:

Healing Our Shame: 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.

October 21st and 22nd:

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

Time: 10-5 daily

Cost:

£395 for each of the workshops
or £1140 for all three
credit card or cheques payable to
Crossroads Antigua Foundation

To register contact:

Sandra McCoy
smccoy@crossroadsantigua.org
0-800-783-9631

Catty White
cattyw1@yahoo.co.uk

Mail to:

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Suite 3 Old King's Head Court
Dorking Surrey
RH4 1AR

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 about the workshop contact:

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crossroadsantigua.org