

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.

To Register:
crossroadsantigua.org/events/workshops

For More Information

Catty White

+44 7785 717654

cattyw1@yahoo.co.uk

Sandra McCoy

smccoy@crossroadsantigua.org

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 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.

Oct 19-20

Mending the Heart, Healing the Spirit: Learning to Forgive and Let Go

Forgiveness doesn't mean that you forget what was done or not protect yourself in the future. Forgiveness is a process that stems from our willingness to choose a life of peace rather than bitterness. Letting go means loosening our tight grip on situations, people and things and is the most difficult phenomenon that humans encounter. In this workshop participants will learn the skills needed to take the next step towards empowerment by practicing the dynamics of letting go, acceptance and ultimately forgiveness of self and others.

Oct 23-24

From Reactivity to Integrity: Healing Boundaries and Codependency

There is no such thing as loving too much! However we need to value ourselves enough to love more effectively without losing our sense of self and that means healing our boundaries. All too often our strong reactions stem from old trauma and the consequences are disastrous. Or, our inability to set clear boundaries leads to detachment from others and withdrawing into oneself which results in isolation and loneliness. This workshop focuses on reclaiming identity and having the kind of relationships we want by learning to maintaining our love and compassion and yet acting in ways that support our best interest and needs.

October 26-27

Trauma Resolution: Releasing the Shame, Resolving the Losses

Trauma is the precursor to addiction, eating disorders, suicide, and violence. Those who never resolve abuse or neglect, reverberate from trauma throughout their lives. After experiencing trauma, shame can haunt victims in a powerful and often unrecognized manner which impedes the healing process and keeps individuals in a cycle of suffering. This workshop will help to transform debilitating shame and self-loathing to a state of increased resilience, compassion and the potential of feeling the fullness of optimism and joy in life. Participants will learn strategies that will assist them in healing from relational, physical, sexual and emotional trauma.

Place for all sessions:

The Montague on the Garden Hotel

15 Montague Street

LONDON

WC1B 5BJ

Cost:

£455.00 per workshop

£1,300.00 to attend all three

(£50.00 discount)

Time: 10-5 daily

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

