

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

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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.

Oct 20-21

From Codependency to Healthy Boundaries

In order to move from reactivity to integrity in relationships, we need to remain connected to our courage, truth and power without being consumed by another. All too often, relationship and boundary issues escalate conflict, propels marital breakup and encourages relapse. This workshop offers specific techniques that allows individuals in recovery to develop the skills for successful relationships.

Oct 24-25

Healing Trauma, Healing Shame

Shame is a deep, debilitating emotion, with complex roots. After experiencing trauma, shame can haunt victims in a powerful and often unrecognized manner. 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.

Oct 27-28

Learning to Let Go

Letting go is an act of powerlessness transformed into power. Loosening our tight grip on situations, people and things 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.

Place for all sessions:

The Montague on the Garden Hotel

15 Montague Street
LONDON
WC1B 5BJ

Cost:

**£425.00 per workshop
and £1,225.00 to attend
all three (£50.00 discount)**

Time: 10-5 daily

Payment options:

Credit card, or
cheques payable to:
Crossroads Antigua
Foundation

Mail to:

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