



*Nancy is starting a new Self-Recovery Cohort on Saturday, April 29, 2023!*

*A 15-Hour Live Online **WORKSHOP SERIES** for 8 participants*

**Self-Recovery: Caring about You without Losing Me**  
*Guidance for Partners, Parents, Caregivers, and Friends*

Nancy L. Johnston, MS, LPC, LSATP, MAC  
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**DESCRIPTION**

Self-Recovery is Nancy Johnston's evolving model for codependency recovery. With 35 years of focused work with codependency, her Self-Recovery model conceptualizes codependency as loss of self in someone else, as overfunctioning for others/underfunctioning for self. With these ways of understanding codependency, she teaches 4 interlocking elements involved in Self-Recovery: Self-Understanding, Self-Awareness, Self-Competence, and Self-Attunement. This model builds from her earlier work presented in her book *Disentangle: When You've Lost Your Self in Someone Else* (2<sup>nd</sup> Ed) (2020).

This WORKSHOP SERIES is for people interested in working on their self-recovery. It provides an opportunity to study the 4 elements in detail and to create self-assignments for practicing the content presented.

These are workshops, not group counseling. The WORKSHOP SERIES involves an initial 3-hour workshop followed by 2-hour focused workshops once/month for 6 months.

***The Initial Self-Recovery Workshop will be  
Saturday, April 29, 2023  
10am – 1pm (EDT)***

***2-Hour Focused Workshops will be  
Offered once/month for 6 months  
Starting in May, 2023***

## **COSTS**

\$150.00 for the 3-hour workshop. Fees include a copy of the workshop power point which is the “textbook” for our work together

Payment can be made by using Zelle, Cash App, or Square or by mailing a check to Nancy L. Johnston at her address on the attached Registration Form.

\$50.00/focused workshop. Payments can be made at the time of the focused workshop.

## **ENROLLMENT**

This workshop is for a minimum of 4 participants and a maximum of 8 participants. It will be offered on the virtual platform doxy.me and broadcast from Nancy’s office suite in Lexington, VA.

## **REGISTRATION**

Please use the attached Workshop Participation Registration Form to register. You may complete this form online or print and mail to Nancy by Friday, April 14, 2023.

## **QUESTIONS**

Email Nancy Johnston at [nancyljohnston@gmail.com](mailto:nancyljohnston@gmail.com).

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