



*A 4-Hour Live Online Workshop for 8 participants*

## **Self-Recovery: Finding Balance in Care of Self and Others**

Nancy L. Johnston, MS, LPC, LSATP, MAC  
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*Friday, February 18, 2022  
10am – 3pm*

### **WORKSHOP OUTLINE:**

#### **Introduction**

1. The development of this treatment material
2. The importance of this topic

#### **Self-Recovery**

1. History of Codependence
2. Current Understandings
3. Meaning as Nancy Johnston works with it
4. 4 Elements of Self-Recovery

#### **Out-of-Balance: The Holes We Can Fall Into (When We Were Just Trying to Help)**

1. What's out-of-balance?
2. Effects on the Other Person
3. Effects on Self

#### **In-Balance: The Health We Gain Through the 4 Interlocking Elements of Self-Recovery**

1. Self-Understanding *with Compassion*
2. Self-Awareness *with Calm Presence*
3. Self-Competence *with Confidence*
4. Self-Attunement *with Care*

#### **Self-Recovery in Action: Putting this together for Your Self**

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**WORKSHOP COST:**

\$125.00 for the 4-hour workshop and a copy of the workshop power point

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

**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, February 11, 2022.

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*Thank you for your interest in Self-Recovery. I look forward to teaching this material and helping each of you deepen your connection with and commitment to Self.*

*Well Wishes,  
Nancy*

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