



From Codependency to Self-Recovery *Balancing Self and Others*

A 15-Hour Live Online **Workshop Series** for up to 8 participants
Nancy L. Johnston, MS, LPC, LSATP, MAC

Initial Self-Recovery Workshop:
Saturday, October 21, 2023
9am – Noon (EST)

2-Hour Follow-up Focused Workshops:
Once/month for 6 months
Starting in November, 2023

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.

Nancy *Self-Recovery* model involves four interlocking elements of growth: **Self-Understanding, Self-Awareness, Self-Competence, and Self-Attunement**. This model builds from her earlier work in her book *Disentangle: When You've Lost Your Self in Someone Else* (2nd 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 workshops are cameras on, microphones on so we can have as much interaction as virtual allows.

WORKSHOP COSTS:

\$150.00 for the Saturday 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, October 6, 2023.

QUESTIONS:

Email Nancy Johnston at nancyjohnston@gmail.com.