



A 3-Hour Live Online Workshop for 8 participants

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

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*Saturday, May 21, 2022
9:30am – 1:00pm*

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

WORKSHOP COST:

\$125.00 for the 3-hour workshop and a copy of the workshop power point

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

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, May 13, 2022.

QUESTIONS:

Email Nancy Johnston at nancyljohnston@gmail.com.

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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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