

CoDA Workshop

Sign up for:	Date of CoDA	Price
<input type="checkbox"/> CoDA Weekend		\$200.00
<input type="checkbox"/> CoDA Weekend		\$200.00
Total:		_____

Name _____

Name _____

Address _____

Phone: Home/Cell/Work _____

Method of Payment: Check Visa MasterCard
 Total Charge: _____

Credit Card # _____ Exp. date _____

Signature _____

Cancellations and Substitutions: If you are unable to attend, you must notify the Office Manager no later than 15 days prior to the scheduled date of the seminar to:

- Transfer your registration to another seminar, or
- Send someone in your place, or
- Credit the tuition toward another workshop date.

Refunds will only be given if Family Institute, P.C. is notified at least 15 days prior to the seminar. There is a \$25 refund processing fee. By registering, customers indicate they understand and agree to the cancellation and refund policy.

Workshop is limited to 12

Pre-registration is required (\$50). Pre-registration locks in your registration.

Please note that the workshop is Two days.
Meals are on your own during 60 minute breaks.

Sat 8:30 am - 9 pm Sun 9:00 am - 6 pm

Pre-Registration: \$50

Registration Total: \$200 Due one week prior

Family Institute, P.C.

4110 Pacific Ave., Suite 102
Forest Grove, OR 97116

Phone: 503-601-5400

Fax: 503-601-5410

Register on Line:

www.familyinstitute.net



Test Yourself

Do You...

1. Feel embarrassed over another person's behavior?
2. Attempt to control another person's behavior?
3. Worry about what others think about those close to you?
4. Appear to others to be in control, but feel out of control inside?
5. Base your value and worth on what others think?
6. Put your values aside for another person?
7. Smooth the waters (want everything to appear okay to others)?
8. Make excuses to family, friends, and others of another's behavior?
9. Have increased feelings of fear, helplessness, despair, guilt?
10. Often feel trapped?
11. Feel resignation alternating with rage?
12. Take responsibility for another person's behavior?
13. Have attacks of nerves, shaking, headaches, extreme fatigue, depression?
14. Feel you (and others) must be perfect?
15. Plead, nag, or find yourself increasingly feeling bitterness or self pity?
16. Think about suicide?
17. Try to socially/emotionally isolate yourself?
18. Drop personal interests/goals to care for another person?
19. Neglect yourself, children, friends, or others?
20. Find yourself totally obsessed with another's behavior?

CoDA Dates:

See Website or Phone

Family Institute,

Codependency and Boundaries External Dependence

Individual
Couples
Siblings

Start a Healing Journey

Family Institute, P.C.

4110 Pacific Ave., Suite 102
Forest Grove, OR 97116

Codependency and Boundaries Workshop

What is External Dependence?

- It is spending more time reading someone else's mind than you read your own.
- It is keeping the peace at all cost.
- It is gaining your self-worth doing things for other people while neglecting your own needs and wants.
- It is not knowing what you want but knowing what other people want.

Goals of the CoDA Workshop

- Learn new ways to find happiness?
- Learn the Difference between Shame and Guilt
- Clarify and set Boundaries: Yours and Others
- Identify Your Feelings versus Others
- Identify and Work Recovery Issues
- Provide a safe environment for growth and change

"My life was falling apart, Thru a CoDA workshop the lights were turned on for me and it was as if I was handed the key to happiness..."

PG, Sherwood, OR

Understand:

Understanding the basic concept of codependency is vital to the healing process. It is the key concept in growth that leads you from pain, anger, and depression to the peace of mind, joy and contentment we all so desperately seek.

This workshop is designed to help you understand what codependency is, how it contributes to personal and family problems, and how it fuels our addictions. We will discuss childhood pain, what it means to grow up emotionally and psychologically, and what specific things can be done to promote personal healing and mental well-being.

Are you an adult child of a dysfunctional family? Come start the healing process at a three day group workshop that will deal with issues of addiction, codependency and boundaries. The workshop includes education, practical individual and group exercises, and group therapy. This workshop will integrate the psychological and spiritual aspects of recovery.

"I spent the weekend attending CoDA. I was skeptical, to say the least, that 3 days worth of group would change me, or my problems or my life. I was fooled!

By the end of the second night I felt different....Since that night, I have changed, ... and I actually am beginning to see a life for myself without all the depression, loneliness and self-doubt.

This seminar was great!"

DL, Forest Grove, OR

Who is Eligible:

Anyone suffering as a result of their own excessive behavior or that of someone close to them. This workshop is appropriate for individuals who have become alienated from self, family, church, or God as a result of substance and process addictions like caretaking, controlling, perfectionism, martyring, relationship addiction, compulsivity, etc. It is especially helpful to those whose negative habits are on the verge of costing them more than they can lose (their faith, health, vocation, or marriage). The purpose of the workshop is to restore quality of life and enhance personal growth.

This workshop is designed for **(individuals, couples, or siblings)** adult children of addiction, abuse, and neglect who are experiencing anxiety, mild, chronic depression, or dependency disorders related to trauma and lack of nurturing in childhood. Self-esteem, boundaries, moderation, and healthy self-care are issues addressed in the workshop.

Team Presenters



Bob Davidson, M.Div., M.Ed., LMFT
(Licensed Marriage and Family Therapist)

Bob is a Licensed Marriage and Family Therapist living in West Portland, OR. He has been a pastor and chaplain since 1972. He graduated with a BA degree in Theology from Walla Walla College. He received his M.Div. degree from Andrews University School of Theology and his M.Ed. from the University of Louisville in Marriage and Family Therapy. Bob served 20 years in the U.S. Army as a Chaplain and Medic. For 12 years he organized and directed three Chaplain Family Life Ministry and Training Centers. The last three years he was the Director of the U.S. Army Family Life Chaplain Training Program at Fort Benning and Columbus State University in Columbus, GA. He has trained clergy, licensed professional counselors, social workers, and family practice physicians throughout the United States. He served as adjunct professor for the University of Oklahoma, Auburn University, Columbus State University, George Fox University. He continues training professionals, conducts retreats, guest speaks at churches and conferences.



Wendy Galambos
MA, LPC
Licensed Prof. Counselor

Wendy is a Licensed Professional Counselor. She graduated with a BS degree in Psychology from Portland State University. She received her MA degree from Western Evangelical Seminary, a graduate school of George Fox University. Wendy has 10+ years working with children and their parents, assisting with behavioral and family issues. Wendy works part-time at the Salem Children's Psychiatric Hospital. Her strengths are in marital counseling, eating disorders and women's issues, child therapy, self-esteem, and parenting.



Ron & Judy Howden
Recovery Leaders

Ron and Judy have been working their recovery issues over the past 12 years. Their involvement includes: Binding the Wounds Seminar Leaders for the past 7 years; DaySpring Ministries for the 5 years; Family Institute, P.C., 8 years; Facilitators for Domestic Violence, 2 years; and most recently Training Assistants with Choices © in British Columbia, Canada, and Small Group Coordinator and Facilitator with Foundations for Tomorrow in Beaverton, OR.

Phone: 503-601-5400