### **CoDA Workshop**

Sign up for:	Date of CoDA	Price
CoDA Weekend		\$200.00
CoDA Weekend		\$200.00
_	Total:	

Name	
Name	
Address	
Phone:	Home/Cell/Work

## Method of Payment: Check Visa MasterCard

Exp. date	
Exp. dato	Credit Card #
	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

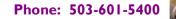
• Credit the tuition toward another workshop date. **Refunds** will only be given if Family Institute, P.C. is notified at least 15 days prior to the seminar. There is a \$25 refund processing fee. By registering, customers indicate they understand and agree to the cancellation and refund policy.

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



Fax: 503-601-5410 Register on Line: www.familyinstitute.net

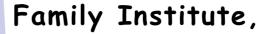
## Test Yourself

### 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?
- 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?
- Smooth the waters (want everything to appear okay to others)?
- 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



# **Codependency** and **Boundaries External Dependence** Individual Couples Siblings Sitart a

Family Institute, P.C.

c Ave., Suite 102 ve, OR 97116

4110 Pacific / Forest Grove

## **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.

"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 kev

to happiness..."

PG. Sherwood, OR

#### **Goals of the** CoDA Workshop

- Learn new wavs 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

### **Understand:**

perately seek.

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 exer-

cises, and group therapy.

This workshop will integrate

the psychological and spiri-

tual aspects of recovery.

Understanding the basic concept of codependency is

vital to the healing process. "I spent the It is the key concept in weekend growth that leads you from attending CoDA. pain, anger, and depression I was skeptical. to the peace of mind, joy and to say the least, contentment we all so desthat 3 days worth of group This workshop is designed would change to help you understand what me. or mv problems or my codependency is, how it contributes to personal and life. I was family problems, and how it fooled! fuels our addictions. We will discuss childhood pain, By the end of the

what it means to grow up second night I emotionally and psychologifelt cally, and what specific things different....Since can be done to promote that night, I have personal healing and mental 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:

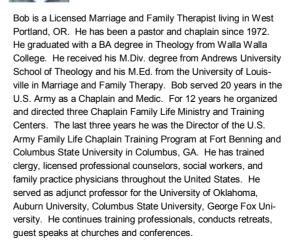
Anyone suffering as a result of their own excessive behavior or that of someone close to them. This workshop is appropriate for individuals who have become alienated from self, family, church, or God as a result of substance and process addictions like caretaking, controlling, perfectionism, martyring, 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)





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

