

# Finding Your Power

## A Family of Origin Intensive

“That which we do not heal from childhood, we replay in adulthood.”

**February 2-4, 2017**

**March 31-April 2, 2017**

**June 1-3, 2017**

**Conducted by**

**Susan Lessley, MA, LMFT**

**and**

**Barb O'Brien, M. Ed., LICSW**

This workshop is a 3 day intensive therapy experience that investigates the origins of adult dysfunctional behaviors. In this revolutionary educational and experiential workshop, participants learn to identify and address those early childhood wounds which fuel various addictions, depression, anxiety and relationship difficulties. The focus is not on blaming caregivers; but rather healing the trauma (any less-than-nurturing childhood events). The workshop is based on the groundbreaking work of Pia Mellody and utilizes her treatment model. It includes the following phases:

**Informational Phase**- During this phase participants will learn about boundaries and how, as a child, boundaries were possibly violated. Participants will begin to understand the relationship between the child and the adult as perceived by the child. We will also discuss core issues and teach participants how to address and heal their core issues.

**Debriefing Phase**- This phase consists of delving into the past and recollecting less-than-nurturing and /or abusive childhood experiences and identifying associated feelings.

**Experiential Phase**- Guided by the therapist through a series of specific processes developed by Pia Mellody, participants will identify and begin to heal childhood wounds. In this safe and nurturing environment, clients can release painful emotions and reclaim personal power.

**Ongoing Recovery and Empowerment Strategies**- Participants will receive a set of strategies, tools, and resources to make permanent these empowering principles in their daily lives.

## **Cost: \$1,200.00 (Space is limited to 4 participants.)**

The workshop fee includes workshop manual and materials, beverages and snacks.

**Barb O'Brien** has been doing family of origin work for several years. She is trained by Pia Mellody and has been working with this therapy model for the past 7 years. Barb has a private practice in Plymouth and is skilled in doing individual, couples, and group psychotherapy.

**Susan Lessley** has been trained by Pia Mellody and been working with this therapy model for the past 5 years. She has been a therapist in the Twin Cities for the past 9 years and has an active clinical practice doing individual, couples, and group psychotherapy.

### **Registration Information:**

- To reserve your place in the workshop, complete the attached registration sheet and mail a \$300.00 refundable deposit payable to Susan Lessley (600 Twelve Oaks Center Drive, Suite 642G, Wayzata, MN 55391). Your deposit will be returned if you need to cancel as long as the space can be filled by another participant.
- **Full payment is due 2 weeks prior to the workshop.** If you cancel less than 2 weeks prior to the workshop,  $\frac{1}{2}$  of your payment will be refunded (unless another participant fills your spot- in which case all of your money will be refunded less a \$100 admin fee). **Registrations will be taken on a first-come/first serve basis and the receipt of your deposit will serve as your registration.**
- Recommended reading for the intensive are either of these books: Facing Codependence and/or The Intimacy Factor by Pia Mellody.

**The workshop will take place at Barb's office...**  
**3025 Harbor Lane**  
**Suite 235**  
**Plymouth, MN 55447**

### **Schedule for the workshop is:**

**Day 1            9:00a.m. to 5:30 pm**  
**Day 2            9:00a.m. to 5:30 pm**  
**Day 3            9:00a.m. to 5:30 pm**

Please contact Barb O'Brien at 763-242-4519 or [barbcfc@gmail.com](mailto:barbcfc@gmail.com) or Susan Lessley at 612-581-7381 or [susan@susanlessleycounseling.com](mailto:susan@susanlessleycounseling.com) with any questions.

# REGISTRATION FOR FAMILY OF ORIGIN INTENSIVE

WORKSHOP FEE: \$ 1,200.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

## Fill out information below to pay by credit card:

Name on Card: \_\_\_\_\_

Type of card: MC\_\_\_\_\_ VISA\_\_\_\_\_ AMEX\_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Check one:

- Charge only \$300 deposit at time of registration
- Charge full fee at time of registration

Please include a \$300 deposit with this registration to hold your space. Full payment is due 2 weeks before the workshop. After that date, only  $\frac{1}{2}$  of your fee will be refunded unless another participant is available to take your spot.

Please return this registration to:

Barb O'Brien  
3025 Harbor Lane  
Suite 235  
Plymouth, MN 55447

Susan Lessley  
600 Twelve Oaks Center Dr.  
Suite 642G  
Wayzata, MN 55391