

# Finding Your Power

## A Family of Origin Experiential Workshop

**Conducted by  
Susan Lessley, MA, LMFT**

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 of this workshop is to help participant learn to be relational in an adult way and to heal the trauma of childhood. The workshop uses ideas from Pia Mellody, somatic techniques, and other models of therapy. It includes the following phases:

**Eduction 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 traumatic childhood experiences and identifying associated feelings.

**Experiential Phase-** Guided by the therapist through a series of specific guided imagery processes, participants will identify and begin to heal childhood wounds. In this safe and nurturing environment, participants 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: \$1,400.00 (Space is limited to 4 participants.)**

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

**Susan Lessley** has been a therapist in the Twin Cities for the past 14 years and has an active clinical practice doing individual, couples, and group psychotherapy. Susan has been trained by Pia Mellody and is trained in EMDR. She has been doing these workshops for the last 10 years.

### **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 642E, Wayzata, MN 55391) one month prior to workshop. After that date, 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, half 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.
- Completing homework and a pre-workshop session is required.

**The workshop will take place at Susan's office...  
600 Twelve Oaks Center Drive,  
Suite 642E  
Wayzata, MN 55391**

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

<b>Friday</b>	<b>9:00a.m. to 5:30 pm</b>
<b>Saturday</b>	<b>9:00a.m. to 5:30 pm</b>
<b>Sunday</b>	<b>9:00a.m. to 5:30 pm</b>

Please contact 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: \$ 1,400.00**

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 1/2 of your fee will be refunded unless another participant is available to take your spot.

Please return this registration to:  
Susan Lessley  
600 Twelve Oaks Center Dr.  
Suite 642E  
Wayzata, MN 55391