



RELATIONSHIP AS A SPIRITUAL PRACTICE: Full Respect Living

JUNE 14 · 9:30AM - 12:45PM EST

PRESENTED BY: BARBARA MOONEY, LCSW

3.0
NBCC
HOURS

APPROVED

\$25
FEE



REGISTER AT: englishmountain.com/events

English Mountain is a subsidiary of Summit BHC.

SUMMARY

This workshop will introduce concepts and relationship essentials based primarily on the work of Terry Real's Relational Life Therapy (RLT) while also integrating components of Brene Brown's shame resilience model "Daring Greatly" and other relationship models. When couples and families are affected by addiction, effective relationship skills are often replaced by strategies that drive disconnection, blame, criticism and activation of the threat (fight or flight) response which can threaten recovery. This workshop will utilize a didactic and experiential format to explore these concepts.

LEARNING OBJECTIVES

Participants will learn how to:

- assess relational losing strategies and move into winning strategies.
- talk with clients about the practice of self-esteem & use of boundaries to be connected & protected in relationships.
- utilize the Relationship Grid™ concept & circle of health to assess boundaries & self-esteem.
- teach clients healthy listening and responding skills shifting from complaint to request and responding with generosity and accountability.
- teach clients the practice of relational mindfulness (first consciousness and second consciousness).

For more information, Contact:
Jay Cannon · 828-406-8091
jay.cannon@englishmountain.com



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