



## Alumni 2012 Workshop Series For CeDAR Alumni & Families

Are you ready to energize your recovery? Are you ready to live the promises with new commitment?

Four Workshops That You Don't Want to Miss!

Presented by Michael Dinneen

Thursday Nights

February 9th, March 8th, April 12th, May 10th

5.30pm - 7.00pm, CeDAR Lecture Hall

***Dinner will be served while you listen and learn.***



Then join the regularly scheduled Alumni Support Group Meeting or the Al-Anon Meeting at 7:00 PM.

### **Workshop 1: Emotional Sobriety: The Next Frontier - February 9, 2012**

Long after we give up the drugs and alcohol, joy, peace and serenity may still elude us. Join Michael Dinneen to hear and discuss a highly acclaimed presentation by Dr. Allen Berger, in which he explores Bill Wilson's seminal article about emotional sobriety. Learn about Bill's notion of "absolute dependency" and how you can establish a solid emotional foundation for your recovery.

You'll walk away from this session with a new appreciation of Bill Wilson's genius and insight into the psychology of the alcoholic - addict as well as techniques for unraveling these complicated behaviors.

### **Workshop 2: Relationships in Early Recovery: So What are They REALLY Thinking? -March 8, 2012**

"The primary fact that we fail to recognize is our total inability to form a true partnership with another human being". Step 4, 12 Steps and 12 Traditions

In this session, Michael will explore issues of intimacy at different stages in recovery. Recognizing that we all desire fulfilling relationships, we can constantly grow in this area regardless of how long we've been in recovery. Come ready to talk about "what women really want" & "what men really want".

Leave with a new set of tools!

### **Workshop 3: Addiction Interaction Disorder - April 12, 2012**

Addictions come in pairs with a spare. Once we break through to the truth about our addictions, it is important to continue to grow by understanding ourselves and our behaviors. Michael will explain that our addictions "co-exist" interact and reinforce one another. He will explain how substances (i.e. alcohol or cocaine), processes (i.e. work, money, and food), relationships (i.e. co-dependency) and our core affect states (i.e. shame, rage) can become intertwined.

Learn how to be more observant of your behaviors and how to change them so that you can truly be joyful and serene.

### **Workshop 4: Sex and Love Addiction - May 10, 2012**

What is and what is not a sex and love addiction? There is a lot of confusion about the terms "sex and love addiction". Michael will help participants understand the differences, how these disorders originate and how recovery can be embraced. In addition to exploring different aspects of intimacy disorders, Michael will also provide an overview of the path to healing in this domain.

Session Cost: \$10 for each workshop/dinner. \$30 for all four sessions.

Go to our website, [www.CeDARColorado.org](http://www.CeDARColorado.org), to register. Or make your check out to CeDAR/ UCH and mail to CeDAR, 1693 N. Quentin Street, Aurora, CO, 80045 Attention: Alumni Services. If you have any questions please contact [Heather.Lister@uch.edu](mailto:Heather.Lister@uch.edu).

**CeDAR Admission: 877-999-0538**