



Spiritually Integrated Body Psychotherapy with Kathleen Scheg

Core Renewal

Updates on workshops and counseling services

Kathleen E. Scheg,
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Individuals,
Couples, Groups

Specialties Include:

Freeing Adults from
Childhood Trauma

Releasing & Transforming
Anger

Relieving Depression
& Anxiety

Empowering Adult
Children of Alcoholics
& Dysfunctional
Families

Core Career Counseling

*I look forward to
helping you renew
your mind, body
& spirit.*

Adult Children of Alcoholics and Dysfunctional Families

DO YOU EXPERIENCE: low self-esteem, fear of intimacy and trust, feelings of inadequacy, relationship difficulties, perfectionism, feelings of guilt, shame or abandonment, trouble following through on projects, or self-criticism?

Adults who experience these issues often grew up in families where their young lives were affected by dysfunctional family dynamics. In some families, alcohol or other substance abuse was present (ACOA). In others, acute mental or physical illness, inflexible family rules or religious practice, death, divorce, separation, etc. affected the children at important developmental stages (ACDF). A significant person in the family became the focus of the system and children coped by assuming rigid roles in order to survive. These coping behaviors, so essential in childhood, can now prevent adults living happy, healthy, free lives. To address the impact of growing up in an ACOA/ACDF family,

You are invited to participate in a three level, sequential ACOA/ACDF program:

Level I: Acquaints the participants with early survival patterns that may now interfere with healthy adult living. Through development of a family of origin genogram, participants learn the dynamics that influence them and consider alternative behaviors. (6 weeks)

Level II: Focuses on current relationships, studying the dynamics of enabling/detaching, co-dependency, and improved communication skills for deeper relationships. (6 weeks)

Level III: Enhances future relationships by exploring anger, the concepts of triangling, distancing/pursuing and emptiness/closeness. (6 weeks).

Level I begins 7:30-9:00 pm, January 25, 2010 (No class Feb. 15) at St. Mary's Church, VA. Fee per level is \$195 plus books. For more information call Kathleen E. Scheg (703) 568-0525.

ACOA/ACDF Registration Form

Name: _____ E-mail _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: Home: _____ Work: _____ Cell: _____

A non-refundable deposit of \$25 is due with registration. Make checks payable to Kathleen E. Scheg and mail to St. Mary of Sorrows Church, 5222 Sideburn Road, Fairfax, VA 22032. Attention: Kathleen Scheg