



Family-of-Origin Therapeutic Workshop— for Men

HAVE MORE EMPATHY AND BE LESS REACTIVE

This experiential workshop will help you identify how childhood wounds lead to adult struggles like sex or porn addiction, and make relationships painful. It will also engage your healing process so you can begin to appropriately feel your value, use functional boundaries in relationships, accept yourself and reality, take proper care of yourself, and be moderate and accepting with yourself and others.

The focus is not on blaming others or the past, but rather on taking charge of yourself in the present and future. You will learn how to relate to yourself differently, so your self-esteem will strengthen. This will reduce the trauma reactivity that causes you problems in your primary relationships.

**3 ½-DAY RETREAT IN
LA QUINTA LUXURY
HOME**

**BASED ON THE
HIGHLY RESPECTED
WORK OF
PIA MELLODY**

**THU, AUG 17, 4PM
TO
SUN, AUG 20, 12PM**

**PIA MELLODY'S
BOOK, *THE INTIMACY
FACTOR* IS INCLUDED**

**INCLUDES PRIVATE
ROOM AND
BATHROOM, SOME
MEALS**

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WHAT HAPPENS EACH DAY?

Day 1 (1/2 Day)

Begin at 4.

Learn how childhood trauma affects you as an adult and in your relationships today. We will break for a dinner that will be provided, then complete the day's work at about 9 p.m.

Day 2

Breakfast and lunch will be provided. The day begins at 8:30 and ends between 5 and 6.

Explore your family of origin. Develop a greater understanding of—and appreciation for—the significance of your own experience, and what was “less-than-nurturing”.

Days 3 and 4

Breakfast and lunch will be provided. The day begins at 8:30 and ends between 6 and 7.

The therapist will guide you through a series of exercises developed by Pia Mellody that will help identify specific childhood trauma issues; then express, and release yourself from painful emotions, such as fear, shame, and anger. This safe, nurturing environment will allow you to move past some of these relational trauma issues, and reclaim your power and ability to create your own sense of happiness.

Day 3 will end between 6 and 7.

Day 4 will end at 12 noon.

