



Month	Date	Program	Lecturer	Month	Date	Program	Lecturer
January 2012	1-06- 2012	Conflict Resolution	Jim Weiss		1-27- 2012	Changing Family Legacy	Dave Meggett
	1-13- 2012	Power Struggles	Laurence Freedom	February 2011	2-03- 2012	Nutrition for Healthy Brain and Bodies	Jean Armour
	1-20- 2012	Support	Laurence Freedom				

## 2011 Lectures/Dates/Description

1. **Recovery Dialogue: (Jan. 8<sup>th</sup>, April 15<sup>th</sup>, Sept. 2<sup>nd</sup>, Dec. 2<sup>nd</sup>):** Using skills to create safety for honest communication between participants.
2. **Support: (Jan. 14<sup>th</sup>, April 8<sup>th</sup>, July 22<sup>nd</sup>, Sept. 30<sup>th</sup>, Dec. 30<sup>th</sup>):** Positive support enables growth. How to provide positive support by caring for oneself.
3. **Addictive Brain Chemistry: (Jan. 28<sup>th</sup>, April 22<sup>nd</sup>, July 15<sup>th</sup>, Sept. 30<sup>th</sup>, Dec. 30<sup>th</sup>):** An in depth look at the addict brain to appreciate how addiction effects mood and thinking. Understanding how using amino acid therapies can correct many of the challenges with early recovery.
4. **Conflict Resolution: (Feb. 4<sup>th</sup>, May 13<sup>th</sup>, July 29<sup>th</sup>, Oct. 21<sup>st</sup>):** Skills based training to go all the way through conflict to create win/win solutions
5. **Power Struggles: Feb. 11<sup>th</sup>, April 29<sup>th</sup>, July 08<sup>th</sup>, Oct. 7<sup>th</sup>):** Understanding what drives and sustains unhealthy struggles for power and how to break out of the struggles to feel better and more authentic in your relationships.
6. **Changing Family Legacy: (Feb. 18<sup>th</sup>, May 20<sup>th</sup>, August 12<sup>th</sup>, Nov. 4<sup>th</sup>):** Looking at the Betty Ford Children's Program interventions to help children affected by a parent or parents with addictions. Insight on how addictions affect all members young and old and how to begin the healing.
7. **Recreating Your Life: (Feb. 25<sup>th</sup>, May 6<sup>th</sup>, Aug. 19<sup>th</sup>, Oct. 14<sup>th</sup>):** Using Spiritual principles related to thought, emotion and faith, how one can consciously and deliberately take charge in having the life experience they desire.
8. **Co-Dependency: (March 3<sup>rd</sup>, July 1<sup>st</sup>, Sept. 16<sup>th</sup>, Dec. 16<sup>th</sup>):** What is co-dependency, what sets up this pattern on unhealthy, disappointing relationships that many times can be destructive. Looking at the root causes and gaining the tools to embark on recovery from co-dependency will be the focus of this education.
9. **Grief and Loss: (March 18<sup>th</sup>, June 17<sup>th</sup>, Sept. 23<sup>rd</sup>, Dec. 23<sup>rd</sup>):** This lecture ties together the 5 stage grief process as described by Elizabeth Kubler Ross with the Native American Medicine Wheel looking at the complete cycle of life and death.
10. **Nutrition for Healthy Brain and Bodies: (March 25<sup>th</sup>, June 10<sup>th</sup>, Aug. 26<sup>th</sup>, Nov. 11<sup>th</sup>):** This education is a must for anyone who owns a body and want to enjoy the benefits of optimal healthy and vitality.
11. **Setting Goals and Achieving Them: (April 1<sup>st</sup>, June 24<sup>th</sup>, Sept. 9<sup>th</sup>, Dec. 9<sup>th</sup>):** Using proven strategies on how to identify those life enhancing goals and more important how to break through old habits to achieve better living.
12. **Family Roles: (March 4<sup>th</sup>, May 27<sup>th</sup>, Aug. 5<sup>th</sup>, Nov. 18<sup>th</sup>):** Using the material from Sharon Wegshreider Cruise: "Family Trap", this lecture introduces and describes the various roles family members lock into when chaotic stress from addiction or other disorders impacts the family.
13. **Family Sculpture: (June 3<sup>rd</sup>, Nov. 25<sup>th</sup>):** This education will look at the impact of trauma and shame upon a family and the common coping strategies developed when positive support is not readily available.