

Harmony Alumni Event

# HAVE EACH OTHER'S BACKS AGAIN: COUPLES IN RECOVERY WORKSHOP

SUNDAY, MAY 6, 2018 FROM 8:30AM - 4:30PM



**Facilitator:**  
**Lana Isaacson,**  
**LCSW, CAC III,**  
**PACT Level I**  
**Therapist**

Lana presented at the 2016 NCAD Conference on "Bridging the Gap: Integrating the Wisdom of the Addictions Counseling and Marriage and Family Therapy Fields" and at the 2017 CAAP conference on "Couples in Recovery: Building Secure Attachments." She specializes in couples and families in recovery at her private practice in Lakewood.

## LOCATION

Denver Family Therapy Center  
4891 Independence Street, #165  
Wheat Ridge, CO 80033

## REGISTER

Cost: \$325 per couple

Early bird rate: \$250 per couple  
(offer expires April 15)

*Includes: Program, materials, lunch,  
and refreshments*

## TICKETS

For tickets, please visit:

<http://lanaisaacson.com/have-each-others-backs-again-workshop>

## QUESTIONS

Cathy Dorman, Alumni Coordinator  
970-577-3170

Lana Isaacson, Facilitator  
720-432-5262

## DO YOU VALUE YOUR RECOVERY AND YOUR MARRIAGE OR MOST SIGNIFICANT RELATIONSHIP?

If so, it's time to get off your couch for an action-oriented and research-based workshop to help you and your partner begin to heal from the past and hone your relationship and couples recovery skills in meaningful and fun exercises. This workshop is open to all couples in recovery and will include a combination of hands-on practice, lecture, videos, and group discussion. Today's research shows that satisfying family relationships constitute one of the greatest predictors of long-term recovery. You deserve both!

## IN THIS WORKSHOP YOU WILL BEGIN TO...

1. Reconnect with your partner by practicing skills such as decreasing conflict, attunement (reading body language), emotional responsiveness, and effective communication.
2. Rebuild your relationship on a foundation of safety, security, and mutually reciprocal loving behaviors, in addition to the H.O.W. of recovery (honesty, openness, and willingness).
3. Heal by understanding the impact of addiction and insecure attachments on an intimate relationship and repairing past hurts, letting go of resentments, and creating a trust-building plan.
4. Rediscover ways to have fun and rekindle your desire for your partner and vision for your relationship
5. Strengthen both your individual and mutual recovery programs.



*"We learned how to rebuild trust and find ways to build a stronger foundation after the devastation active alcoholism and porn addiction has caused in our marriage."*

 **Lana Isaacson**  
RECONNECT · REBUILD · REDISCOVER

 **Harmony Foundation**  
Recovery in the Rockies®