

# Charlie Risien

LCDC, AAC, CSAT, CCJP, CMAT, SEP, BASE, MAS

## Two Day Intensive Session

### Family of Origin Issues

No matter what kind of trauma we experience in our lives, the residual effects take a toll on our bodies and minds. Whether we grew up in abusive households, married into them or experienced trauma through sickness or loss, the psychological results of these events inevitably change our perspective. Charlie Risien understands this dynamic. A survivor who has dedicated her life to helping others, Pia Mellody trained and certified in Family of Origin Issues, she has developed a two day intensive session that addresses trauma from multiple points.



## Our Two Day Session

Over the course of two days, this session helps attendees to identify their trauma, understand the effects of it, address their adapted adult behaviors and empower survivors with tools for changing them.

Please Inquire For Pricing

Includes food, snacks, learning materials.

Starts at 9:00 am each day.

1

### CHILDHOOD TRAUMA

Trauma we experience as children through less than nurturing upbringing.

2

### SEXUAL TRAUMA

Trauma we experience through sexual assault, molestation or abuse.

3

### EMOTIONAL TRAUMA

Trauma we experience through loss, sickness, pain and addiction.

4

### RELATIONAL TRAUMA

Trauma we experience through our relationships.

## Who Is This For?

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- Chronic Relapsers
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- Those who cannot afford treatment.
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- Those who have been to treatment and still have trouble staying sober.
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- Those with PTSD
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## KEY ELEMENTS OF THIS SESSION

**Somatic Experiencing**

**Brainspotting**

**Gestalt Work (empty chair)**

**PTSD**

**EMDR**

**12 Step**

**Listening and Talking Boundaries**

**Sexual and Physical Boundaries**

**Karpman Triangle (drama triangle)**

**Sex Addiction**

**Love Addiction / Love Avoidance**

**Affirmations**

**Shame Reduction**

**Shame Resolution**