

**A Center for Relationships** presents

# *Stop Repeating the Pain of Messages and Masks From the Past*

**Emotional Healing Workshop  
March 2-4, 2018**



In a relaxed, non-confrontational environment that respects your own pace and privacy, you will learn to safely resolve current and repressed feelings, allowing important, healthy and positive changes to occur.

The workshop will be led by Lynn Turner, PhD, LCSW, with Marian Horton, LCSW-C, and Clyde Horton, Life Coach

March 2-4, 2018  
Friday | 7pm–10pm,  
Saturday | 10am–6pm,  
Sunday | 10am–1:30pm.

\$400 New to this workshop

\$375 Experienced  
Insurance Applies

Register & Pay online at  
[www.ac4r.com](http://www.ac4r.com)

Next Workshop: Oct 2018

For more information,  
email [ac4ralexandria@gmail.com](mailto:ac4ralexandria@gmail.com)

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As adults, many of us carry unresolved emotional memories and negative messages that we developed in childhood. We might have had a severe trauma or chronic dysfunction in our early years. We could be carrying unresolved memories of a major trauma in adulthood, such as war or another assault on our sense of survival. Or, we may be experiencing the stress of major life changes such as the loss of a loved one, divorce, or an unwanted career change.

Often we recognize ways in which our pain from childhood or adulthood is interfering in present day relationships and activities. Sometimes, we are unaware of how we repeat with other people what was learned/experienced long ago. Some people shut down emotions altogether, while others act out their emotions in destructive ways. Usually, we blame others in our lives for the repetitive pain we are feeling. Sometimes the voices in our heads drown out positive feedback.

No matter where we are, however, the emotion or lack of emotion is ours, and only we can stop the repetition of messages and reactivities. This pain pattern is the leading cause of poor choices and dysfunctional relationships or withdrawal from relating. The workshop will encourage recognition of repetitive patterns, will allow for emotional healing, and will engender cognitive understanding as well as development of new behavioral choices. "Messages we tell ourselves" and "Masks we wear" will be the particular focus of this healing workshop.

Our gentle, natural approach to processing emotions will teach you how to resolve stressful feelings and heal underlying issues affecting your life. Learning to release stressful feelings from the present or far past will allow you to make better choices to live a happier, healthier life. The workshop will include cognitive treatments, structured visualizations and dyad processes.