

Outline

Codependence: Losing Oneself in Others

Conceptualizing codependence as loss of self in someone else
Developmental sources of codependence
Codependent behaviors vs. the label
Identifying codependence – how codependent clients look in therapy
Research, risks and treatment limitations

Intake and Assessment of Clients with Codependent Behaviors

Clinical dynamics to notice as you use your standard intake
Using the Holyoake Codependency Index
Relationship patterns/themes to look for
Establishment of mutuality in treatment work
Client goal setting
Case Study: 24 year-old in a serious relationship with a dominating partner

Psychoeducation and Early Sessions: Set the Stage to Shift Clients' Focus from External to Internal

Tools for educating the client about external vs. internal focus
How to avoid becoming the client's external source of direction
Strategies to encourage self-empowerment from the very first session
Addressing clinical challenges and codependence in self
Case Study: Continue with 24 year-old feeling dominated by partner

Self, Others, and the Relationship: Family of Origin and Parts Work to Help Clients Face Illusions and See the Realities

Influences on self: Individual, family systems, and social/cultural
Parts of self that emerged from family-of-origin experiences
Visual tools to teach relationships between self and other(s)
Gathering your clients' trauma history
Case Study: 50 year-old mother of an alcoholic adult son who chronically relapses

Somatic and Cognitive Techniques:

Enhance Codependent Clients' Awareness of Body, Mind, Feelings and Thoughts
Mindfulness techniques to increase awareness of body, mind and feelings
Bottom-up grounding tools to notice self in the moment
Cognitive strategies to increase awareness of thoughts
Exercises to help clients be with their feelings in safe, manageable ways
Tools clients can use to intervene on their own behalf

Build Self-Competence in Codependent Clients: Strategies to Set Healthy Boundaries, Quiet Guilt, Manage Anxiety and More

Addressing the grief of accepting the realities of self, others and situation
Respond vs. react - present moment awareness to help clients tolerate frustration
Mindful breathing techniques for anxiety management
Set healthy boundaries with "I" statements
Tools for quieting guilty thoughts
Case Study: Continue with 50 year-old mother of relapsing adult son

Increasing Self-Empowerment and Self-Attunement: Exercises and Practices That Show Clients They Can Count on Themselves

Acceptance exercises that help clients let go of what they cannot control
Show clients how to plan with self in mind
Practice acting on goals
Developing daily practices for self-awareness and self-responsiveness
Returning to self as a secure base and an anchor in the storms and delights of life

Live Webinar Schedule (Times listed in Central)


8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.


Objectives

1. Learn to identify the intra/interpersonal dynamics of codependency in clients presenting with anxiety, depression, and relationship problems and understand how codependency/loss of self in others can be foundational to worry, exhaustion, resentment, entrapment, sadness, hopelessness, and health problems.
2. Determine the origins of codependent behaviors to support case conceptualization.
3. Utilize mindfulness techniques to increase codependent clients' awareness of their own feelings.
4. Learn more than 15 cognitive strategies to develop and sustain self-recovery, including increased awareness of thoughts, feelings, and behaviors, self-monitoring, skill building, corrections of thoughts, psychoeducation through multiple visual tools and bulleted lists, and the development of daily practices.
5. Use present moment awareness training to help clients tolerate frustration and respond rather than react.
6. Use acceptance exercises that help clients let go of what they cannot control.

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The CODEPENDENCY Treatment Guide

CBT, Somatic Strategies and More to Disentangle Clients from Dysfunctional Relationships and Recover Self

Live Interactive Webinar

Wednesday, December 7, 2022

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The CODEPENDENCY Treatment Guide

CBT, Somatic Strategies and More to Disentangle Clients from Dysfunctional Relationships and Recover Self



Featuring

Nancy Johnston, MS, LPC, LSATP, MAC

National presenter and author of *Disentangle: When You've Lost Your Self in Someone Else*

- Over 20 strategies to free clients from toxic relationship patterns
- Clinical tools to set healthy boundaries and let go of what can't be controlled
- Improve therapeutic results by moving clients' focus from external to internal
- Empower clients to take control of their emotions

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The Codependency Treatment Guide

You see these clients all the time. Preoccupied with others, people with co-dependence issues desperately try to please, manage, or fix those in their closest relationships.

After years of putting their own needs aside these clients become stuck in externally focused self-sacrificing patterns they don't even recognize. By the time they show up in your office with anxiety, depression and significant relationship issues they've completely lost their true selves.

But knowing what to do with these clients in therapy can be exasperating as **again and again they shift the focus of sessions away from themselves and toward others.** Their unwillingness to drop down into their own emotions, thoughts and actions can leave you feeling demoralized and drained as you spin your wheels session after fruitless session. If you're not careful, you can end up joining the client as they look to solve their own problems by solving the problems of others.

Nancy Johnston has been a therapist for over 40 years and is an expert in the field of codependent relationships. The author of *Disentangle: When You've Lost Your Self in Someone Else*, Nancy has helped thousands of clients extricate themselves from toxic codependency, connect with self, and live with more peace and confidence.

Now in this **live one-day webinar** she'll share the clinical tools and strategies you need to help clients break free from codependency, better balance their care of self and others, and achieve self-recovery.

Full of instantly useable **cognitive strategies, somatic techniques, visual tools, case studies and exercises** you'll be able to:

- Move your clients' focus from external to internal for **improved therapeutic results**
- Help clients **face the realities of their relationships** so they can make real changes
- Improve clients' ability to **set healthy boundaries** and let go of what they cannot control
- Show you clients how they can **take control of their emotions** and start responding instead of reacting
- Foster self-empowerment from the very first session
- And much more!

You've seen codependent clients in your practice for so long now. Don't pass on this expert led training so you can **achieve incredible results and set clients on the path to living life for themselves.**

Register now!



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Meet Your Speaker



Nancy Johnston, LPC, LSATP, MAC, NCC, has been a therapist for over 40 years and is an expert in the field of codependent relationships. The author of *Disentangle: When You've Lost Your Self in Someone Else* (2020). Nancy has helped thousands of clients extricate themselves from toxic codependency, connect with self, and live with more peace and confidence.

Nancy is Master Addiction Counselor and an AMHCA Diplomate in Substance Abuse & Co-Occurring Disorders. She has also authored two other books *My Life as a Border Collie: Freedom from Codependency* (2012) and *Your Healthy Self: Skills for Working with Codependent Behaviors* (2015).

In addition to working with individuals, couples, and families she offers online workshops on "Self-Recovery" and designs and facilitates a Codependence Camp twice a year. Over the past 15 years Nancy has presented at numerous conferences including the Cape Cod Symposium on Addictive Disorders, the Carolinas Conference for Addiction and Recovery, Addiction: Focus on Women, the Virginia Summer Institute for Addiction Studies, the American Mental Health Counselors Association's Annual Conference, the Virginia Counselors Association's Annual Conference, and Specialty Docket Training for the Virginia Supreme Court. More information about Nancy and her work is available at her website: nancyjohnston.com.

Speaker Disclosure:

Financial: Nancy Johnston has an employment relationships with Dr. Kuley and Associates. She receives royalties as a published author. Nancy Johnston receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Nancy Johnston is a member of the American Mental Health Counselors' Association, the Virginia Counselors' Association, the National Association of Alcohol and Drug Abuse Counselors, and the Virginia Association of Addiction Professionals.

Target Audience:

Counselors • Social Workers • Addiction Counselors • Psychologists
Marriage and Family Therapists • Other Mental Health Professionals

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Addiction Counselors, Psychologists, Marriage and Family Therapists, and Physicians.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88037>.



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December 7, 2022 [PWZ88036]

\$219.99 tuition

8am Central time

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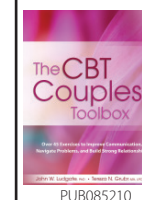
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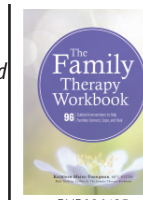
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



The CBT Couples Toolbox
Over 45 Exercises to Improve Communication, Navigate Problems and Build Strong Relationships
By John Ludgate, PhD & Tereza Grubr, MA, LPCA

~~\$24.99~~ \$19.99*



The Family Therapy Workbook
96 Guided Interventions to Help Families Connect, Cope, and Heal
Kathleen Mates-Youngman, MFT, RYT200

~~\$29.99~~ \$19.99*

*Discount Included with purchase of the Webinar

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