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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Tuesday, July 25, 2023

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Objectives

1. Learn to identify the intra/intersubjective dynamics of codependence in clients presenting with anxiety, depression, and relationship problems and understand how codependency/toss 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.
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 Carolina Conference for Addiction and Recovery, 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 • Psychiatrists • 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 professions: Addiction Counselors, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.

For specific credit approvals, details, and planning committee disclosures please see the “Credit Approval Details” below. For speaker disclosures, please see speaker bio.

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Credit is for full attendance at the live webinar only. The CE certificate can be downloaded and printed after completing the webinar passing the online post-test (85% 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.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE/CHW (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit (ACE). PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2023 – January 26, 2024. Social Workers: Contact your state or provincial board for approval validation. Full attendance is required. No partial credit offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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