



12 Step
Spirituality

Recovering from Trauma, Addiction, and Shame: A Workshop

Saturday, June 8, 2019

9 AM - 1 PM. Snacks will be provided.

First Universalist Church of Minneapolis., Social Hall
3400 DuPont Avenue South
Minneapolis, MN 55408

The legacy of trauma—in childhood and later—can include addiction and shame. Healing from these three burdens is the hopeful theme of our June workshop. You won't want to miss it.

Two highly qualified and experienced therapists, Larry Anderson and Michael Maley, will be our presenters.

Larry's talk will provide an overview of the nature of trauma when addiction is present too. He'll explain how trauma and addiction are assessed, and discuss treatment strategies.

Michael will focus on the emotion of shame: how and when it develops, why it tends to stay so deeply hidden, how it impacts our lives, and how to work with it on an individual basis.

As usual, we will combine these presentations with two periods of Centering Prayer meditation. Dick Y. will instruct us in the practice and lead the sessions.

- **Larry Anderson, PsyD., LP, LLC** is a clinical psychologist in private practice who consults with several chemical dependency treatment programs. In long-term recovery himself, Larry specializes in addictive disorders and trauma. One of his most significant current interests is the experience of craving: how it arises, and how it can be tamed.
- **Michael Maley, Ph.D., LP** is a clinical psychologist who works with traumatic conditions both recent and rooted in childhood. He focuses on shame, anxiety, depression, loss, and early experiences that need processing to resolve. Among the tools he uses in his practice are Brainspotting, EMDR, mindfulness, and somatic (body-oriented) work.

Join us for this fascinating and liberating experience.

You can find more information about the workshop at www.12stepspirituality.org

*A free will offering of \$10 is suggested to cover snacks printing and coffee.