



Discovering the Healthy Self

Presenter: **Eleanor Payson, LMSW**

Sponsored by: **Carole Kirby, LMSW**

Location: *The Interfaith Center, 704 Airport Blvd., Ann Arbor*

Saturday, March 14th ♦ 9 am - 4 pm

(A tasty lunch will be catered for \$12 per person)

This educational seminar will offer participants the opportunity to learn the basics of the “healthy self” and healthy relationships while exploring the dilemmas of narcissistic wounding and the narcissistic/codependent relationship.

- **Exploring the Healthy Self**
- **The wounded self, confusion of self in the narcissistic relationship**
- **Redefining boundaries and untangling the double bind**
- **Empowerment strategies - developing the assertiveness tool kit**
- **Letting go and healing the deeper wounds to self**

Eleanor Payson, LMSW is a licensed marital and family therapist practicing individual and relationship therapy for twenty-five years. She has increasingly specialized in helping couples that demonstrate the narcissistic/codependent dynamic. She is the author of, **The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family** found on **Amazon.com** or at **The Self-Esteem Shop** in Royal Oak. For additional info visit **www.eleanorpayson.com**.

This workshop is open to all, the professional and non-professional.

For questions: **Carole Kirby, LMSW 734-424-2797**
www.therapy4couples.com

Early registration suggested.

To register please complete & return this form with your payment to:
Carole Kirby, Box 338, Dexter, MI 48130.



Discovering the Healthy Self ~ Registration Form

Workshop Date: _____ Location: _____ Cost: \$135. plus \$12 for lunch

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Ph: _____ Cell Ph: _____ Email: _____

How I heard about this workshop:	
<input type="checkbox"/> Mailing	<input type="checkbox"/> Eleanor's website
<input type="checkbox"/> Carole's website	<input type="checkbox"/> CW Journal
<input type="checkbox"/> Carole's newsletter	<input type="checkbox"/> Other _____

Professional Non-professional Check amt: _____ Vegetarian: Yes ___ No ___

Mail form & payment to: Carole Kirby, LMSW, P. O. Box 338, Dexter, MI 48130