

HEALING THE TRAUMA THAT INTERFERES WITH YOUR HAPPINESS



AREN'T YOU READY FOR THINGS TO CHANGE?

This hidden, childhood trauma unconsciously is in the background making mysterious decisions for you. It decides what your triggers are, how you respond to conflict and it even decides who you choose as a romantic partner.

This workshop unravels the mystery of all relationships (especially the one with yourself) while providing the tools, skills and strategies to put all the puzzle pieces back together to create the happiness you deserve.

This carefully planned daylong intensive is a day filled with discoveries, wonder and surprise. You will learn, precisely and specifically, how your unique “unconscious” training (in childhood) contributes greatly to your triggers, hurts, anxiety, depression, and reactivity in all your relationships, past and present.

YOU WILL GAIN THE TOOLS AND SKILLS NECESSARY TO KNOW:

*** HOW TO LESSON AND HEAL YOUR ANXIETY AND DEPRESSION**

*** WHY YOU MAKE SOME OF THE SAME PAINFUL DECISIONS AND CHOICES OVER AND OVER IN YOUR LIFE**

*** HOW TO STOP REACTIVE BEHAVIOR AND STEP INTO PROACTIVE BEHAVIOR TO TRULY RESOLVE CONFLICT**

*** POWERFUL COMMUNICATION SKILLS ON HOW TO BE PRECISELY, FULLY HEARD AND UNDERSTOOD**

*** THE EXACT KNOWLEDGE TO BE A MORE CONFIDENT, EFFECTIVE PARTNER, CO-WORKER AND EVEN PARENT**

*** THE PROCESS TO CREATE THE LOVE AND RELATIONSHIPS YOU WANT AND DESERVE**

*** IF THE RELATIONSHIP YOU ARE IN IS THE RIGHT ONE FOR YOU LONG TERM**



Marcie S. Cramer, MA

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President: Center for the Healing Arts

Founder: Adult Children of Alcoholics Treatment Center
Advanced Clinician: Imago Relationship Therapy
Florida Qualified Supervisor
President: Psychological Service Dogs

As we were growing up, often no one taught us the tools and skills required to be happy and fulfilled. And while our caregivers did the very best they could, imagine how your life might be different if they had the training manual to create a safe and deeply connecting, compassionate, healing environment for you.

Now, finally, YOU will have the manual to be the best, happiest, most authentic version of yourself, capable of really cultivating the life you so deserve!

Having a happy life and creating lasting relationships does NOT have to be confusing.

Date & Time: Saturday ~ 9:45AM – 6PM

Fee: (With Check/Cash discount) \$295 per person- \$325 with credit card **For more information/to reserve space:**

Marcie Cramer, Licensed Clinical Psychotherapist @ [407-657-8555 x101](tel:407-657-8555) or Email: Marcie@CenterfortheHealingArts.com

“So it’s up to you—it’s always up to you. You can deny, repress, distort, and bury your unresolved imprinting and triggers all you want. You can re-frame them, pseudo-positivity them, detach from them, bypass them. You can re-name yourself, hide away in a monastery, turn your story around. But it will all be meaningless if you don’t do the deeper work to excavate and heal your primary wounds. The material is still there, right where you left it, subconsciously ruling your life and controlling your choices. This is the nature of unhealed material

it is alive, and one way or the other, it will manifest itself in your lived experience.” Jeff Brown ~ Hearticulationss