

Marcie Cramer Presents:

Childhood Interrupted: Daylong Intensive

Healing from Trauma, Alcoholics, Addictions, and Codependency

As Adult children of trauma, alcoholics/addictions (ACOA'S), and dysfunction we did not grow up the same way some children did. Perhaps we learned not to trust easily, or we learned that some adults in our life were not safe. Sometimes we learned not to ask for help or affection, or that our emotions were shameful, or that some adults were exceedingly unpredictable, maybe we learned far more about adult situations than any child could possibly process, or we learned we were alone and had to raise ourselves.

And so, we felt different than other children, with unspoken, confusing secrets and rules:

***Unpredictability from caretakers: either overreaction or under reaction**

***We were given the message to not talk about family problems outside of the family, if at all.**

***Be nice and people please (Codependency)**

***You exist to meet your parent's needs; not to have any of your own**

***Don't challenge your parent's religious beliefs, opinions, or perceptions**

***Don't express feelings openly or honestly**

***Don't rock the boat, keep the status quo**

What you see is not happening

What you heard, wasn't what was said

***Affection is not freely expressed in our family**

Any of these requires a child to create elaborate coping and survival strategies. And these coping and survival strategies, while once essential and brilliant, now unconsciously corrupt our professional lives, romantic relationships, parenting and unintentionally re-create the environment of our childhood homes.

This day long healing intensive, designed specifically for Adult Children of Alcoholics, Addictions, Trauma and Co-Dependency, your specific coping and survival strategies are (conscious and unconscious), how they interfere with your thriving strategies that impact your happiness. You will learn new tools, skills, and strategies to embrace growth, healing and deep connections in your professional life, your romantic relationships, parenting and especially with yourself.

NEXT ACOA Intensive: Saturday, 2023

FEE: DISCOUNT CASH OR CHECK \$295 per person \$335 CREDIT CARD Space limited

For more information and to reserve your space call:

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