

Marcie Cramer Presents:

Childhood Interrupted: Daylong Childhood Trauma Healing Intensive ***Adult Children of: Alcoholics, Addiction, Trauma, Codependency and Dysfunction***

Being raised in a home with substance abuse (ACOA's), dysfunction and trauma, we did not group up the same way some children did. Frequently, we learned that some adults in our life were unsafe and exceedingly unpredictable: thus, we learned not to trust easily. Maybe we gave up asking for help or affection or that our emotions were shameful. Sometimes, we learned far more about adult situations than any child could possibly process. Often, we learned we had to abandon ourselves to meet our caretakers' needs in order to earn love (Co-dependency) or we felt alone and/or had to raise ourselves.

And so, we felt different - with unspoken, confusing secrets and strange rules:

Unpredictable reactive behavior from caretakers: Physical, Mental or Emotional

Don't rock the boat, keep the status quo or otherwise risk emotional or physical abandonment

***Be nice or "good" to earn love and people please (Codependency) ***

We were expected to meet our parent's needs and/or not to have any of our own

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

Messages that family problems were a secret and not shared outside of the family

Messages that what we clearly saw was not happening (gaslighting)

*** Affection and/or feelings are not expressed openly or honestly***

Any of the above requires a child to create elaborate coping and survival strategies. And while once essential and brilliant, these patterns now unintentionally corrupt many of our relationships (romantic and otherwise) and impinge on our happiness as we unconsciously and unintentionally, re-create the wounding environment of our childhood homes.

This day long healing intensive, designed specifically for Adult Children of Alcoholics, Addictions, Trauma and Co-Dependency, reveal those specific unproductive coping and survival strategies (conscious and unconscious), and how they interfere and impact your happiness. Most importantly, you will learn new tools, skills, and strategies to embrace growth, healing and deep connections that you deserve in all your relationships... especially the one with yourself.

Next Trauma Healing Intensive: October 12, 2024

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

For more information and to reserve your space contact:

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"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, 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



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