

MANNA TREATMENT & COUNSELING

Women's Psychotherapy Boot Camp

14-weeks, Mondays 6-7:30

Starting January 9, 2012

770-495-9775

Led by: Dr. Genie Burnett

\$60 per group; \$50 for class materials

This group is highly-structured and intensive. It focuses on the underlying principles of repetitive, destructive behaviors. The group involves committing to doing weekly homework, processing the homework in group, and making goals for life application for the following week. Topics addressed include: safety in relationships, mapping out your family tree, understanding family roles and their functions, learning about the potential *why* under your acting out patterns, learning coping skills for handling stress, understanding the function of guilt versus shame, and understanding how believing lies from the past will and can maintain destructive patterns in the here-and-now. Dr Burnett uses a Christian orientation throughout group.

RSVP required—group limited to 8-9 adult women.

*Nourishing
Your Body,
Mind and Spirit*