

Registration
Co-dependency
Deadline: March 1, 2010

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____

E-mail: _____

Agency: _____

Credit Card Information (Visa or MC)

Number: _____

Exp. Date: _____

Signature _____

Registration Fee:

\$35 - Non-affiliates

No fee - JRC Employees

Mail or Fax Registration and Payment to:

Jackson Recovery Centers

Attention: Angie Anderson

800 5th Street

Sioux City, IA 51101

Phone: (712) 234-2308

Fax: (712) 234-2398

Jackson Recovery Centers, Inc.
800 5th Street, Suite 200
Sioux City, IA 51101



**Codependency...
Expecting Perfection,
Feeling Failure**

by

Mari Samuelson, LISW

March 5, 2010

8:45 a.m.-12 p.m.





Codependency... Expecting Perfection, Feeling Failure

Audience

Professionals working in the field of substance abuse, nursing, corrections, mental health, social services or any helping profession.

Date

March 5, 2010

Time

8:45 a.m.-12 p.m.

*Registration begins at 8:15 a.m.

Location

Jackson Recovery Centers
Peter Waitt Education Center
800 5th Street, 2nd Floor
Sioux City, IA 51101

Purpose

Codependency is an area that can be difficult to address as clients present one way, yet feel another. On the outside there is a need to present perfection, yet on the inside they feel like they are failing in every area of their life. This leads to depression, anxiety, substance use and problems in all areas of their life. We as professionals in the helping field also struggle with codependent thoughts and behaviors. It is easy to over-identify with clients and let our own 'stuff' get in the way. This workshop will address both how to effectively work with codependency in clients as well in the working professional. It will provide therapeutic techniques and interventions and discuss the importance of self-care.

Objectives

At the completion of this workshop participants will be able to:

- ◆ Identify the signs and symptoms of codependency.
- ◆ Distinguish the differences between internal feelings and how it looks on the outside.
- ◆ Utilize strategies & techniques with clients who are struggling with codependency.
- ◆ Develop an understanding and working definition of Professional Co-dependency, also known as 'Compassion Fatigue'.
- ◆ Understand the importance of self-care.

Faculty

Mari Samuelson, LISW, ACSW, is the Vice President of Clinical Services at Jackson Recovery Centers and has over 30 years experience working with families. Her background includes Child Welfare services, Director of Family Programming at a substance abuse treatment program, and Program Director for Children and Adolescents in a mental health and substance abuse treatment program. She is a CARF surveyor and serves on many community groups. She is an expert in the field of addiction and has provided many workshops on codependency, ethics, addiction and family systems.

Continuing Education Units (CEU's)

Program approved for 3 hours of Continuing Education with IBC for Iowa Substance Abuse Counselors. This program complies with the requirements for 3 Continuing Education hours through the Iowa Board of Social Work Examiners.