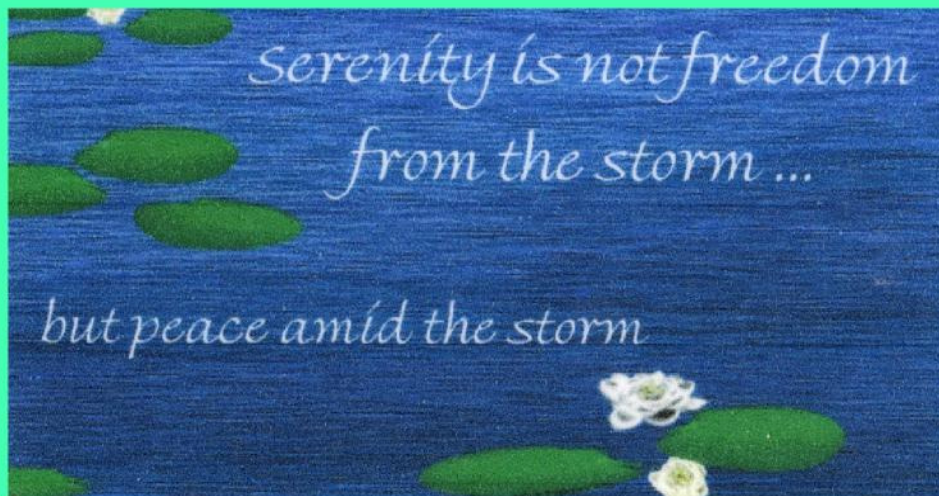


From *Codependency* To *Authenticity*



Join us as we embark on an 8 week journey to learn about codependency, its causes, its effects, and how we can reclaim our lives and hearts. Though the issue of codependency will not be resolved in 8 weeks, with this small intimate group we will create a supportive foundation which will allow us to see the patterns of codependency, and begin to enact appropriate healing responses, allowing us to live happier and more fulfilling lives. A supportive, shared group experience *IS* the very best way for those suffering from codependency to make lasting life changes.

Individual work

I also offer individual sessions. If group work doesn't feel right to you at this time, then join me in these one on one sessions, where we will gently look at the causes of codependency, how to heal, how to feel supported and how to be more authentic. In a relatively short time you will find yourself happier, more open, and more fulfilled all while being authentic and true to yourself.



Photo by: Regina Stribling

During these 8 weeks we will cover:

- ~ Blind Spots
- ~ Feeling safe while not in control
- ~ Intimacy
- ~ Embodied Authenticity
- ~ Recognizing Our Shame
- ~ Needs/Neediness
- ~ Self Care
- ~ Boundaries or Walls
- ~ Belief Systems
- ~ Compulsions & Addictions
- ~ The Choices We Make – The Partners We Choose



Jack Blackwell graduated with a degree in Contemplative Psychology from Naropa University. Jack's true passion is transpersonal psychology, a field which brings together spirituality, psychology and philosophy. He has extensively studied the healing power of non ordinary states of consciousness and codependency. He leads workshops in Holotropic Breathwork, Menswork, and Codependency.

This 8 week group begins in June, meeting once per week on Thursday from 7-9:30.

For more information about the group, or individual work, Contact
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