

# Have Each Other's Backs Again: Couples in Recovery Workshop

Sunday, October 7 ~ 8:30 a.m. - 4:30 p.m.



## FACILITATOR:

**Lana Isaacson, LCSW,  
CAC III, PACT Level 1  
Therapist**

Lana presented at the 2017 CAAP Conference on "Couples in Recovery - Building Secure Attachments." She completed the Marriage and Family Therapy Program at Denver Family Institute, The Gottman Institute's Couples and Addiction Recovery Training, and PACT (Psychobiological Approach to Couples Therapy) Level I Training. Lana specializes in couples and families in recovery at her private practice in Lakewood, Colorado.

## LOCATION

Denver Family Therapy Center  
4891 Independence Street, #165  
Wheat Ridge, CO 80033

## REGISTER

Cost: \$285 per couple  
Early bird (by Sept. 7): \$225 per couple  
Includes: Program, materials, lunch

Reserve your space now!

[lanaisaacson.com/workshops](http://lanaisaacson.com/workshops)

## QUESTIONS

Lana Isaacson, Facilitator  
720-432-5262

## DO YOU VALUE YOUR RECOVERY AND YOUR MARRIAGE OR MOST SIGNIFICANT RELATIONSHIP?

If so, it's time to get off your couch for an action-oriented and research-based workshop to help you and your partner begin to heal from the past and hone your relationship and couples recovery skills in meaningful and fun exercises. This workshop is open to all couples in recovery and will include a combination of hands-on practice, lecture, videos, and group discussion. Today's research shows that satisfying family relationships constitute one of the greatest predictors of long-term recovery. You deserve both!

## IN THIS WORKSHOP, YOU WILL BEGIN TO...

1. Reconnect with your partner by practicing skills such as decreasing conflict, attunement (reading body language), emotional responsiveness, and effective communication.
2. Rebuild your relationship on a foundation of trust, safety, security, and mutually reciprocal loving behaviors, in addition to the H.O.W. of recovery (honesty, openness, and willingness).
3. Heal by understanding the impact of addiction and insecure attachments on an intimate relationship, and repair past hurts, let go of resentments, and create a trust-building plan.
4. Rediscover ways to have fun and rekindle your desire for your partner and vision for your relationship.
5. Strengthen both your individual and couple recovery programs.

*"We learned how to rebuild trust and find ways to build a stronger foundation after the devastation active alcoholism and porn addiction has caused in our marriage."*

 **Lana Isaacson**  
RECONNECT • REBUILD • REDISCOVER