

## AFTERCARE / ALUMNI PROGRAM PRESENTATIONS



Offering two presentations helping individuals in recovery repair and rebuild healthy relationships, and enjoy sharing their journey!

### Rebuilding Trust as a Couple

In this presentation individuals will:

- ◆ Learn how trust is formed
- ◆ Determine what causes betrayal
- ◆ Discover how to heal & rebuild
- ◆ Practice three rebuilding trust skills

### Expanding Relationship Skills

In this presentation individuals will:

- ◆ Understand the dynamics of being a couple in recovery
- ◆ Explain three attachment styles and recovery from codependency
- ◆ Explore PACT "Secure Functioning" Principles
- ◆ Practice three healthy relationship skills



#### **Lana Isaacson, LSCW, CAC III, PACT Level 1 Therapist**

Lana specializes in couples therapy for parents and those in recovery from substance abuse. 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. Her mission is to help parents pass down the gift of a loving and healthy relationship to their children.

Book Lana for a Free 60-90 Minute Aftercare Presentation at your facility