



Starting
27th
July
2019

“Grow yourself up” – a workshop for healing your core issues

This bespoke one-day workshop investigates the origins of adult dysfunctional behaviours by exploring early childhood relational trauma, including abuse and neglect, which have potentially fuelled various mental health difficulties. This could include addictions, painful relationships, co-dependency, control and manipulation issues or just simply a lack of self-esteem and self-worth.

The workshop will support adults in learning what it means to be a ‘functional adult’ and to have healthy self-esteem, self-love and self-awareness. We also aim to support participants in how to protect themselves through personal boundaries and interdependence.



Programme overview

This workshop is for adults aged 18 years and above and is ideal for people who have experienced less than nurturing parental / primary care giver relationships in their childhood, which has resulted in emotional, mental, or behavioural challenges.

This workshop will provide:

- + Support to individuals who are looking to achieve healthy boundaries, enhanced self-esteem, self-value and an understanding of why they have behaved as they have until now
- + A connection with others in the group and a sense of belonging
- + Tools to begin healing the dysfunctional relationships you’re having with yourself and others

This is a unique offering as it is a one-day, intensive workshop between the hours of 10am and 4pm.

Learning objectives

After this training, attendees will be able to:

- + Discuss the important role that family-of-origin issues play in attachment and development
- + Discuss the issue of unhealthy co-dependency caused by developmental arrest and childhood relational trauma, resulting in developmental immaturity
- + Describe the five core issues and the five secondary symptoms of developmental immaturity
- + Explain the concepts of the Wounded Child, the Adapted Wounded Child and the Functional Adult

Meet our team

Jeff Van Reenen Addiction Treatment Programme Manager

Jeff provides expertise and clinical solutions to individuals who are experiencing problematic behaviour - primarily with drugs, alcohol, social media, gambling and sex.

With many years' experience as a therapist, Jeff has specialised in working with relationship and co-dependency issues which includes difficulties with self-esteem, self-worth, anger and depression.

Jeff has a particular interest in supporting all patients, and especially those from the LGBTQ community, who have suffered from childhood relational trauma, resulting in relationship problems and developmental immaturity issues.

He is a member of the Federation of Drug and Alcohol Practitioners (MFDAP), has a Master of Science (MSc) in Addiction Psychology and Counselling and is also National Counsellor Accreditation Certified (NCAC).

Jeff has also trained in post-induction therapy (PIT) under the guidance of Pia Melody and Sarah Bridge, at The Meadows in Arizona, who continue to pioneer work in developing therapeutic techniques for identifying and treating relational trauma which underlies most addictive and dysfunctional behavioural processes.

Costs and more information

Each workshop will have a maximum of 3 participants, a session costing £550 per participant. Patients wishing to access the group through their private medical insurer should check their policy details with their provider.

If you would like to find out more or to reserve a place on the programme, you can contact Priory Hospital Chelmsford's therapy department on **01245 244720** or email **chelmsford@priorygroup.com**

About Priory Hospital Chelmsford

Located just outside London, we are set within a beautiful Grade II listed, 19th century building, complete with three acres of private gardens. The hospital first opened in 1992 and since then, has established an excellent reputation for providing high standards of treatment for a diverse range of mental health difficulties.

There is easy access from the A12, Stansted Airport, Central London, and we are close to excellent transport links to other neighbouring areas including Essex, Cambridgeshire, Suffolk and Norfolk.

Those accessing this workshop will benefit from the support of leading specialists in mental health.

