

Healing from Addictions, Cravings, and Choiceless Behaviors

A Workshop for Those Who Suffer and for Those Who Love Them

September 22-23, 2018
Nashville, TN

In an ideal world, our emotional needs are met with warmth and understanding from the earliest age. For many of us, this is not the case. Instead we experience loneliness, internal conflicts and overwhelming emotional pain. Addictions and choiceless behaviors often become the brain's creative strategies for survival.

Sarah Peyton, a certified trainer with the Center for Nonviolent Communication, will teach us how to disentangle nervous system wiring which keeps us locked in these unhealthy patterns. Join us to experience the way Sarah's innovative work can support the healing process.

During the workshop, we will explore:

- The connection between the latest brain research and the "decisions" we make that lead us toward and away from addictions and compulsions;
- How to counteract old patterns to support healthy decision making;
- How to leverage our own empathy skills to bring ourselves relief.

Register at www.nvcnashville.org

Cost: Early-bird \$225; after August 21st \$275

If this workshop appeals to you and cost is the only barrier, please contact Melissa Red (Melissa.k.red@gmail.com) to discuss how we can help support your attendance.

CE credits available. See website for details.

About the Facilitator:

SARAH PEYTON speaks and writes internationally on the confluence of NVC, Family Constellation work and the world of neuroscience research. Author of the recently published book, *Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing*, Sarah has a passion for weaving together neuroscience knowledge and experiences of healing to support brain and body connection. Funny, touching, and filled with personal stories and up-to-date research on our nervous systems, her presentations change lives and invite the healing and self-compassion that comes from hearing ourselves and others deeply. For more information about Sarah see www.empathybrain.com