



A New Paradigm of Codependency and Addiction:

Intensive Relationship Workshop for Recovery

Facilitated by Robyn Winks, LMFT

It's no surprise that our relationships can be our biggest triggers for relapsing on drugs and alcohol, and other behavioral compulsions. Trying to get along with our partners, spouses, children, parents, neighbors and bosses can be fraught with land mines of old resentments, misunderstandings and distrust. Not to mention the pain that living with our addiction has caused. Just because you are learning to live without substances doesn't mean that your relationships will automatically get better. Often they get more challenging and require new relating skills to navigate a life of sustained recovery for you and the whole family. The payoff is what we all want and need; a sense of home within ourselves, belonging, intimacy, self-trust and a full, embodied life of recovery from addiction.

In this workshop, you will learn to:

- Identify how early developmental trauma and lack of secure attachment are at the core of codependent and addictive behaviors in adulthood.
- Understand how resentments and difficulties in connecting and relating with others are primary triggers for relapse.
- Identify the two primary codependent roles that addicts and alcoholics act out in relationships.
- Describe how mindfulness techniques can unravel the trance of codependent bonding patterns for longterm sobriety and authentic intimacy.

2-Day Weekend Workshop (dates TBA):

Saturday, 12 noon to 6:30 p.m.

Sunday, 9 a.m. to 4 p.m.

\$235 per person • Sign up online only at RobynWinks.com

(For sliding scale, contact Robyn Winks directly)

72301 Country Club Dr., Suite 110, Rancho Mirage, CA

For more info call: **951-537-8342**



Robyn Winks is a practicing Marriage & Family Therapist in Idyllwild and Palm Desert. She has worked in the recovery field for over 20 years, including as the Director of Inpatient Services at The Betty Ford Center in Rancho Mirage. She specializes in working with individuals and couples in varying stages of recovery and facilitates relationship workshops in treatment centers in Southern California. She has been practicing Eastern meditation and mindfulness for over 20 years, and incorporates spiritual techniques and traditions with Western neuroscience and principles of family systems theory to help clients examine and reprogram painful patterns from the past for a renewed authentic connection with their life today.