

A HERO'S JOURNEY

A Workshop for Codependency

(877) 742-HERO
aherosjourney.com

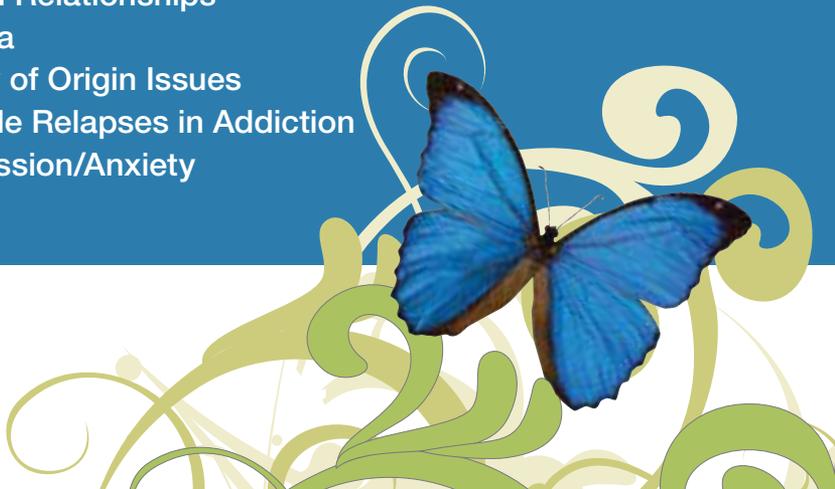
BEHAVIORAL
HEALTH
OF THE PALM BEACHES, INC.

*To lower your mask and reclaim
your inner strength and truth
is a courageous journey – it is
A Hero's Journey*

A Hero's Journey is a 5-day workshop offered through Behavioral Health of the Palm Beaches for individuals 18 years and older who have been stuck in the cycle of repetitive unhealthy behaviors. Many adult children of trauma and/or addiction often find that they are blocked from being who they want to be, and more importantly, who they really are. This program is an opportunity to reclaim your authentic self by breaking down invisible boundaries. The staff members of the 5-day workshop are trained in a variety of experiential therapies and are experts in the field of relationships, codependency, trauma and addictions. A Hero's Journey can help individuals who have been impacted by painful relationships. The retreat is held in a comfortable, safe environment in West Palm Beach, Florida. The quiet setting will allow you to avoid the many distractions that life gives you and stay focused on yourself.

A Hero's Journey may address the following issues:

- Codependency
- Painful Relationships
- Trauma
- Family of Origin Issues
- Multiple Relapses in Addiction
- Depression/Anxiety



Participants will be clinically evaluated by a trained professional to ensure that the best and most thorough care is provided. Ongoing communication with the referring therapist, as well as discharge summaries, will be provided. Participants will always be directed back to the referring therapist. It is our experience and belief that those who follow intensive treatment with aftercare therapy will achieve greater long term success.

This plan will provide a map for the client's journey to heal the trauma on the emotions, body, and mind. In addition, each participant will leave with a plan to continue the journey upon discharge. Within 2 weeks of completing A Hero's Journey, individuals will receive a follow-up call from their therapist to inquire about the recovery process. In addition, there is a website that has been designated for the alumni of A Hero's Journey where former participants can go for continued support and interaction.

For pricing and additional information please contact Behavioral Health of the Palm Beaches at 877-742-HERO (4376). The program is open to anyone who is experiencing the consequences of unhealthy behaviors. A Hero's Journey is not designed to treat primary addiction. People actively using drugs and/or alcohol addictively are not appropriate for this program. However, individuals who have successfully completed a rehabilitation program, yet have suffered multiple relapses, experienced trauma, or other painful life events may be appropriate for admission.

A Hero's Journey will provide:

- Morning Meditation
- Experiential Exercises
- Psychodrama
- Self-Discovery
- Expressive Arts
- Healthy Relationship Skills
- Reclaiming Self and Self-Esteem
- Anger Management
- Continued Care Plan
- Evening Wrap-Up
- Optional Massages
- And More

Your journey begins today!

Call (877) 742-HERO





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