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**CAROLYN MYSS' "SACRED CONTRACTS" WORKSHOP
PRESENTED BY KIM RICHARDSON, M.A., L.P.C., L.C.P.C.**

Saturday, March 7 ~ 2:00 to 4:00pm

Join us for an Introduction to Caroline Myss' Survival Archetypes.

Do you wonder why at times you cannot stand up for yourself, or why you say, "Yes," when you mean, "No"? Ever wonder why you go against your sense of what is right for you, or why you are not as responsible about some things as you would like to be? Do you ever feel you are settling for less? Do you find meaning and purpose in your life? Or is something missing?

In this two hour workshop, participants will be introduced to the four common Archetypes in all of us – the Child, Saboteur, Victim, and Prostitute Archetypes - learn how they work, and how to make use of them in one's everyday life.

In her book, *Sacred Contracts*, Caroline Myss has designed a system for discovering purpose and meaning in your life. Building on Jung's theory of archetypes, Myss identified 12 patterns of behavior unique to every individual. Four of these are common in everyone and determine both our strengths and limitations.

***"They are our Survival Crew.
Exploring these patterns within yourself is the groundwork exercise...."
(Myss)***

Participants will explore and build on their own "survival crew," and leave with a renewed sense of your life history, personal strength, ability to make good choices, set boundaries, clarify values, and pursue goals and aspirations.

\$30. Pre-registration is required. Call or email to confirm.

** Kim Richardson, M.A., (Clin Psych), LPC, LCPC. is a Licensed Clinical Professional Counselor and Certified Professional Life Coach. She co-directs the Douglas Psychotherapy Center offering life coaching and psychotherapy to adults and teens. She also specializes in the treatment of postpartum depression and new mothers. Ms. Richardson received her M.A. (honors) degree in Clinical Psychology from the University Of Cape Town . She is also a student of the Caroline Myss Education Institute. Her first workshop with Carolyn Myss took place in 1999 while on a safari in South Africa.*