



Breaking Free From The Chains of Codependency

Facilitator: Jaimee Huseman LCSW, CADAC, ACHT

Cost: \$40.00 for each 90 minute session. This group may be covered by your insurance. It is not our intention that anyone be excluded because of financial restraints. Fee subsidy may be arranged. * You are required to pay for all groups even if you do not attend.

Purpose: This group is designed for people who have a pattern of being involved in relationships with people who are dependent, needy and/or troubled; can be people pleasing oriented and allow the behaviors of other's to affect them; and may also have an overdeveloped sense of responsibility and may tend to feel anxious when they are not in control. Codependency is when people operate as if they are okay only if they please the people around them.

The purpose of this group is to help you become aware of your relationship patterns; develop a clearer understanding of your family of origin patterns and the foundation for codependency; develop healthier ways to manage relationships in your life; and continue to grow a deeper and more meaningful relationship with yourself to create the life you want.

Topics:

- Session 1:** Characteristics of Codependency
- Session 2:** Family Stories
- Session 3:** Breaking free from the Victim Triangle
- Session 4:** Relationship Patterns
- Session 5:** Feelings
- Session 6:** Anger
- Session 7:** Reacting vs. Responding
- Session 8:** Boundaries
- Session 9:** Acceptance
- Session 10:** From Codependence to Health: Acknowledging and meeting my own needs and wants

“It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere”
- Agnes Repplier

A ten week commitment is required. Group is limited to 10 members. As a group member you must agree to respect the privacy and confidences of other group members. If you are not a current client at San Tan Counseling, an individual intake session will occur to enter into the group.

To register or for additional information, please call 480-982-2356