



AVAILABLE WORKSHOPS

Dr. Schaeffer is available to present the following workshops:

Love or Addiction? The Power and Peril of Teen Sex and Romance

Brenda M. Schaeffer

Sex, romance and love relationships in the adolescence of life have always presented challenges. But today's teens are more prone to use them as a drug than ever before. This workshop will present both the power and peril of these newfound gifts of life.

Objectives: Participants will be able to

- Identify sex, romance and love addiction
- Learn four reasons why teens are so vulnerable to love, romance and sex addiction
- Gain knowledge of the signs of adolescent love, romance and sex addiction
- Recognize healthy 'hooking up' in the teens and how to get there

Workshop based on new release: Love or Addiction: The Power and Peril of Teen Sex and Romance.

Is It Love Or Is It Addiction?

Brenda M. Schaeffer

"No sooner do we begin to know other people than we discover their broken heart."

—Jacob Needleman

Love is a fact of life. No one escapes its affects. A love relationship can be a most profound experience or a place of confusion, hurt and injury. This workshop is for those who are ready to let go of the past, move beyond the dysfunction of codependency, compulsive love, relationship addiction and for professionals working with love addiction. It will demonstrate how and why most relationships harbor elements of unhealthy dependency as well as mature love. Love addiction creeps into the best of relationships and the challenge is to acknowledge addictive elements and build on the best aspects to help establish a way of loving that bonds us with others and yet allows for our freedom. Based on the best seller, *Is It Love or Is It Addiction?*, now available in five languages, Dr. Schaeffer will:

- Distinguish between healthy and unhealthy dependency
- Define sex, romance and love addiction
- Explore the roots of love addiction
- Offer a 7-step model for breaking free of unhealthy patterns.

The workshop will include lecture, guided imagery, experiential exercises as well as consider the participants specific needs.

FOR FURTHER INFORMATION:

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Titles by Brenda Schaeffer, D.Min., M.A.L.P.

Love or Addiction? The Power & Peril of Teen Sex & Romance (Expert Publishing)

Inner Reflections CD (SoulFood Music)

Love's Way: The Union of Body, Ego, Soul & Spirit (Hazelden Publishing)

Is It Love or Is It Addiction? (Hazelden Publishing)

Loving Me, Loving You: Balancing Love and Power in a Codependent World

(HarperCollins)

The Healthy Relationship Series (Hazelden Publishing)

Love's Way

The Union of Body, Ego, Soul and Spirit

Brenda M. Schaeffer

Life seems to fear love itself because the moments of experiencing its safety, freedom, and power have been so scarce.

Based on her book, *Love's Way*, Dr. Schaeffer moves beyond love addiction to challenge the participant to a bigger definition of love that is beyond the tangle of pseudo relationships based on projection, compulsion and trauma. She will illustrate how science is now validating what the mystics and poets have been telling us all along. Love is real and an energy that is readily available and eager to be used. Because of the common experience known as trauma, though love is easy, being vulnerable to it is not. The workshop will emphasize why it is essential to bring love, the most overused, over discussed and under experienced word in the English language to life and relationships. And it will stress that we are meant to experience love in all ways—body, ego, soul and spirit—and it is time to stop arguing as to which is in charge.

Topics covered:

- What is love?
- Love illusions: sex, romance, and dependency
- The body in love
- The ego in love
- The soul in love
- The spirit in love
- The intelligence of the heart

The workshop will include lecture, guided imagery, experiential exercises as well as consider the participants specific needs.

** Note: an alternate title for the workshop: What Is Love?

Scripts People Live

Brenda M. Schaeffer

"The beginning of love is to let those we love to be perfectly themselves..."

—Thomas Merton

Now is the time to take a good look and ask the question, "What more do I need to know about myself to maintain the gains of treatment and twelve step work, get to healthier love relationships, or prevent relapse?" This workshop is based on the knowledge that most people are operating from a life story that has a beginning, a middle and predictable ending that is not in a person's awareness. A life script is unique to each person and learning more about them can create understanding of the psychodynamic aspects of negating beliefs and behaviors and provide important clues as to how to change them. In her books, *Love's Way*, *Is It Love Or Is It Addiction?* and *Loving Me, Loving You*, author, Dr. Schaeffer points out how life scripts are designed for self protection in childhood yet sabotage adult relationships and life. We learn to adapt, not with the intention of losing our self, but to survive. Then we get trapped in our psychic box.

Objectives of the workshop:

- Define life scripts
- Distinguish between Winner, Loser and Banal Scripts
- Identify script injunctions, drivers and decisions
- How to reclaim our birthrights: autonomy, spontaneity, creativity and trust

The workshop will include lecture, guided imagery, experiential exercises as well as consider the participants specific needs.

Healing the Spirit Within

Brenda M. Schaeffer

"Turn your face to the sun and the shadow will fall behind you."
—Maori Proverb

Both treatment and psychotherapy have come a long way to help a person in their healing of addictions and trauma. This workshop is based on the premise that whenever our human personality is traumatized or lost to an addiction, a vital part of our essence or soul is also injured or lost. Disconnection, lack of feeling whole, continued fear of moving forward are such signs. It is often not enough to stop with contemporary therapy. We must find ways to heal the soul injuries. In this workshop, Dr. Schaeffer, author of *Love's Way* and *Is It Love Or Is It Addiction?*, will explore spiritual healing techniques that can restore a sense of wholeness and serve as a bridge between the sacred and secular worlds.

Objectives:

- Understand the body, ego, soul and spirit connection
- Offer techniques that synthesize secular and sacred psychology
 - Revitalize the authentic self
- Protect the gains of treatment therapy and twelve step work
 - Provide methods to nourish and heal the soul
 - Use of ritual and ceremony

The workshop will include lecture, guided imagery, experiential exercises as well as consider the participants specific needs.

Sexual Addiction and Sexual Compulsivity

Brenda Schaeffer

"No one has carte blanche to bypass the justice dimension of sexuality, for the justice dimension is as much a part of the cosmic law as is ecstasy itself."
—Matthew Fox

Sexual addiction and compulsivity constitute one of the most widespread and crippling forms of addiction. It affects the most fundamental human process by turning creative, life giving energy into destructive and life limiting compulsion. There is steadily increasing awareness and concern about its impact on the individual, the family and the fabric of society itself. Sexual addiction has been described as the addiction most resistant to treatment. Dr. Schaeffer, author of *Is It Love or Is It Addiction?* and *Love's Way*, will consider many facets of sexual addiction, its sources and course and its relationship to trauma.

Objectives:

- Definition and history
- Prevalence and impact
- Types of sexual addiction
- Core issues
- Treatment considerations

The workshop will include lecture, experiential exercises as well as consider the participants specific needs.



Dr. Brenda Schaeffer is a licensed psychologist, certified addictions specialist and best-selling author. With over 500,000 copies sold, she has helped countless people find their way from the trials and confusions of addictive love to the fulfillment of whole and healthy relationships. She has been featured on a variety of national broadcast programs, such as Fox' *The O'Reilly Factor*, and in publications such as the *Washington Post* and *Fitness Magazine*. She is the founder of Healthy Relationships, a Minneapolis-based practice where she conducts therapy, training and workshops.

For more information on her work, visit her websites:
www.brendaschaeffer.com or www.loveandaddiction.com