

FAMILY WORKSHOP

September 11th-14th

Open to Ridgeview patients, families and supportive friends. Appropriate for ages 17 and older. No pre-registration required. Young Adults follow previous guidelines provided.

For more information please call Erin Richardson at (770) 434-4568 x3133.

	Monday (11th)	Tuesday (12th)	Wednesday (13th)	Thursday (14th)
8:30am-9:00am	Registration			
9:00am-9:15am	Morning Focus and Meditation			
9:15am-10:30am	Addiction Lectures:			All Patients to Auditorium: Guest Speaker- Dick C. Family Groups: <u>Addiction</u> Chip Abernathy <u>Psychiatric</u> Erin Richardson
	Chip Abernathy <i>Addiction and It's Treatment</i>	Erin Richardson <i>Codependency</i>	Ray Pacheco <i>Why the 12 Steps in Treatment?</i>	
	Psychiatric Lectures:			
	Tom Chavers <i>Personality Disorders</i>	Dr. Steven Lee <i>The Basics of Psychiatric Illness</i>	Kelly Collier <i>Emotional Regulation & Acceptance</i>	
10:30am-10:45am	Break			
10:45am-12:00pm	Group Therapy: <u>Family Member Groups:</u> Young Adult – Parents, Siblings and other Relatives Adult – Spouses/Significant others, Parents, Siblings and other Relatives <u>Patient Groups:</u> Patients report to Case Manager Groups			
12:00pm-1:00pm	Lunch at the Day Hospital (Young Adults and their family eat in the cafeteria)			
1:00pm-2:00pm	Addiction Lectures:			1:00pm Workshop Day Ends Patient resumes regular schedule
	William Colombo <i>Spirituality in Recovery</i>	Claire Gropman <i>Managing the First Year in Recovery</i>	Matt Swofford <i>The Addiction Mindset & King Baby</i>	
	Psychiatric Lectures:			
	Chris Stebbins <i>Shame & the Five Steps to Forgiveness</i>	Edith Anenih <i>Skills for Improving Family Relations</i>	Liz Franchot <i>Codependency: Supporting vs. Enabling</i>	
2:00pm-2:15pm	Break			

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2:15pm-3:30pm	<u>Group Therapy:</u> Patients and Family Groups (patients are joined by family in group therapy sessions)	
3:30pm	Workshop Day Ends	