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I'm Miserable Because of You: UNDOING THE BLAME GAME

Mail-In Registration:

Please complete this page for each attendee with name, address, email and phone number. Registration cannot be completed if any information is missing. Print clearly. Mail form with check to:

Rebecca Aadland, 6542 Regency Lane, #209, Eden Prairie, MN 55344

NAME _____ LICENSE* _____

* If seeking continuing education credit, provide license type (i.e., LP, LMFT, LICSW), otherwise N/A

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Check one: Individual registration **\$209** _____
 Early registration **\$189** _____ (postmarked at least 4 weeks prior to event)
 On-Site Registration **\$229** _____

IMPORTANT: PLEASE CHECK BELOW TO INDICATE THE LOCATION YOU ARE REGISTERING FOR:

- ST. PAUL** *Wednesday, September 18, 2019* (Early Bird rate ends 8/21/19)
- MINNEAPOLIS** *Friday, September 20, 2019* (Early Bird rate ends 8/23/19)
- ROCHESTER** *Wednesday, October 23, 2019* (Early Bird rate ends 9/25/19)
- ST. PAUL** *Friday, October 25, 2019* (Early Bird rate ends 9/27/19)

Reimbursement Policy: Cancellation requests must be made in writing. Refunds will be given on requests received 10 days prior to the training event. A \$25 administrative fee per person will be deducted from all cancellations. No refunds will be given if received less than 10 days prior to the event.

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PLEASE NOTE: If you prefer ON-LINE REGISTRATION, go to: **www.rebeccaadland.com** and click on "Workshops & Retreats", then "Current Registration". The online tab will take you to Eventbrite to complete the registration and pay with credit card.



Presenter: Rebecca Aadland, MS, LMFT, NCC

Wednesday, September 18, 2019 – ST. PAUL, MN

HOLIDAY INN & SUITES ST. PAUL NE, 8511 HUDSON BLVD, LAKE ELMO, MN 55042

Friday, September 20, 2019 – MINNEAPOLIS, MN

EMBASSY SUITES MPLS NORTH, 6300 EARLE BROWN DR, BROOKLYN CENTER, MN 55430

Wednesday, October 23, 2019 – ROCHESTER, MN

KAHLER APACHE HOTEL, 1517 16TH STREET SW, ROCHESTER, MN 55902

Friday, October 25, 2019 – ST. PAUL, MN

SHERATON ST. PAUL WOODBURY HOTEL, 676 BIELENBERG DR., WOODBURY, MN 55125

This course has been approved for 6.0 Continuing Ed Credits by:

- MN Board of Marriage & Family Therapy
- MN Board of Psychology
- MN Board of Behavioral Health & Therapy
- MN Board of Social Work

8:30	Registration w/coffee, tea, juices & muffins/pastries
9:00	Morning session begins
12:15	Lunch (on your own)
1:15	Afternoon session begins
4:30	Program ends

This seminar will provide inspiration, skills and techniques for therapists to instill profound change in their clients by moving them out of resentment, blame and victim mentality to empowerment and personal responsibility. Or, for ANYONE who feels stuck in resentment, please join us. Too often...

we as helpers unknowingly impair our clients by focusing on all the ways they have been hurt or betrayed by life circumstances. We need skills to show empathy without enabling people to stay stuck in self-pity thereby encouraging their role as a victim. As therapists, we hear from our clients all the ways their parents, partners, ex-spouses, bosses, children, jobs, siblings, coworkers, friends, the economy, the government -- have hurt or disappointed them. Authentic change requires acceptance that life is difficult and the ability to find the tenacity, hope and wisdom to move forward in spite of, or even because of, the things we have endured. Being consumed with anger and resentment results in depression, anxiety, poor health and strained relationships. Alcohol, drugs and other addictive behaviors are used to cope with resentments and fear. Additionally, many therapists were first drawn to the counseling field to work through their own personal pain, resentments and victimization. Becoming aware of our own unconscious blame is necessary to help free clients of the same.

Early Bird price is **\$189** for registrations completed at least four weeks prior to event
(mail-in registrations must be *postmarked* at least four weeks prior for discount)

Registration includes morning coffee, tea, juices & muffins/pastries

COST OF FULL DAY WORKSHOP IS \$209 (ON SITE \$229)

Four MN Boards have approved this workshop for **6.0 Continuing Ed Credits**



Rebecca Aadland, MS, LMFT, NCC is a dynamic presenter, experienced psychotherapist, licensed teacher, professional musician and board certified MFT supervisor. She has been a featured speaker and performer at many conferences and events over the past 20 years and has appeared as a consultant on Fox 9 News. Last October she was the keynote speaker for the Minnesota Counseling Association's Annual Conference. Her private practice, *Aadland Counseling Services*, is located in Eden Prairie, Minnesota. Rebecca is also a professional singer/songwriter and is now recording her second album. She incorporates humor, song, poetry and storytelling in her seminars. The essence of Rebecca's message is to love boldly, embrace imperfection, appreciate beauty & insist on doing work that fills your soul!