

We are born with nine feelings that are primary motivators of our behaviors. Our feelings are more urgent than drive, deprivation (food), and pleasure (sex), and more urgent than physical pain. We are also born with an innate attachment (bonding) program that moves us toward empathetic mutuality (an I and thou) relationship with a secure attachment person. Our 9 innate feelings and empathetic mutuality (secure attachment) form the basic five colors of our moral intelligence.

These five colors are:

1. Harm no one (including yourself) and help others in need.
2. Be fair: punish cheaters.
3. Respect a higher power or powers as well as authority and the rules that govern the community.
4. Be loyal to your family and the community you belong to.
5. Purity: be clean and respectful of your own and others private bodily boundaries. Respect the innate laws of healthy shame, guarding against the improper exposure of self and others.

Moral intelligence is rooted in the non-dominant hemisphere of our brains which regulate our feelings, especially the feeling of loving attachment to another. The perfection of moral intelligence is prudence the virtue of all virtues. Prudence is the virtue (added strength or moral performance enhancer) that allows us the skill or “know-how” to choose well in finding the mean that leads to balance, temperance, and moderation. All other virtues: temperance, courage, justice, kindness, compassion, humility, etc. rely on prudence to find the mean that effects the *right decision* at the *right time* for the *right reason*.

Addicts of any kind, *lack* prudence and therefore moral intelligence. This is why addiction leads to, “Moral and spiritual bankruptcy,” and why addicts are boundary less and intemperate.

Reclaiming Virtue

Weekend Workshop

Attn: Dolores Proto

9232 Leon St.

Philadelphia, PA 19114

Developing Your Moral Intelligence

“The Royal Road to Recovery”

“How to Develop the Moral Intelligence to do the Right Thing at the Right Time for the Right Reason”

Developing Your Moral Intelligence

“The Royal Road to Recovery”

Reclaiming Virtue



A Weekend Workshop

**With best selling author
John Bradshaw**

**Featuring Life Coach
and Psychotherapist
Kip Flock**

November 6 – 8, 2009

**Holiday Inn, Philadelphia Northeast
Bensalem, Pennsylvania**

Register Today! Space is Limited!
For more information, please call (215) 331-1814

Developing Your Moral Intelligence

Full Price registration: **\$300**
Friday Night Workshop only: **\$40**
(Meals not included in seminar fee)
Buffet lunch available **\$15**

No refund policy

Attendee #1: _____
Address: _____
City, State, Zip _____
Phone: _____
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Attendee #2: _____
Address: _____
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Phone: _____
Email: _____

Attendee #3: _____
Address: _____
City, State, Zip _____
Phone: _____
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Method of Payment;

Checks made payable to: Dolores C. Proto
9232 Leon Street
Philadelphia, PA 19114
(Checks accepted until
October 23, 2009 only)

Visa MasterCard
 Discover American Express

Credit card Number: _____
Expiration Date: _____
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Holiday Inn – Philadelphia Northeast
3499 Street Road
Bensalem, Pennsylvania 19020
Hotel Phone: (215) 638-1500
Room \$89.00 per night

Friday: 7:30-9:30 P.M.

Saturday Registration: 8:30 A.M.

Morning Session: 9 A.M.- 12:30 P.M.

Lunch: 12:30 P.M. - 1:30 P.M.

Afternoon Session: 1:30 P.M.- 4:30 P.M.

Sunday 9 A.M. - 3:30 P.M.

“How to develop the Moral Intelligence to do the Right Thing at the Right Time for the Right Reason”

Join us in this workshop based on John Bradshaw's new book, *Reclaiming Virtue*, joined by expert international life coach, and master clinical therapist, Kip Flock. You will learn a step by step method that will teach you how to contain your feelings (emotions) and use their innate power to make sound and temperate decisions, to self nurture and self motivate. Neuroscientists Antonio DeMasio, Joseph ReDoux, and Allan Schore have conclusively proven that you cannot even make a choice without your feelings.

In this workshop, you will learn how to become emotionally intelligent; which is the foundation of moral intelligence. Addicts make terrible choices (abandoning themselves and others) because their feelings are bound in shame. Being bound in shame, addicts are numbed out and limited in their ability to make good choices.

In this workshop, John and Kip will help you break free from your, “Shame bound feelings,” and use the wisdom of your unconfined feelings to make good choices. You will also learn the latest technique for using your willpower as a physical psychic force to change the “brain lock” of the addicted brain. This four step method developed by Dr. Jeffrey Schwartz at UCLA, has had an 80% recovery rate with the brains of OCD (Obsessive Compulsive Disorder) patients. Using your moral intelligence is the royal road to full recovery from addiction and other emotional disorders. This is absolutely cutting edge work.

About John Bradshaw, Presenter

Common Boundary magazine reported that John Bradshaw was named by his peers as one of the most influential writers on emotional health in the 20th century. *The Philadelphia Inquirer* called him “the shaman of shame.” John Bradshaw is one of the primary figures in the contemporary self-help movement. Known to millions through his four nationally broadcast PBS series, he also hosted his own nationally syndicated television show, “The Bradshaw Difference,” and is the author of five bestsellers.

Psychotherapists, clinical social workers, clergy, and addiction specialists have found John Bradshaw's theories to be instrumental in helping clients rediscover the basic roots of their identity to develop fulfillment and happiness in life. Contemporary society often pressures individuals to repress their inner child, which causes them to travel unnatural paths in life. John Bradshaw is a fellow of The Meadows Treatment Center in Wickenburg, Arizona.

About Kip Flock, Presenter

Kip Flock was the Clinical Director of the John Bradshaw Center in Los Angeles for five years and the clinical training colleague of John Bradshaw for over 20 years. Kip was the featured therapist on the nationally televised, Emmy nominated PBS series, John Bradshaw's “Homecoming.” Kip is in private practice as a licensed psychotherapist and professional life coach in Lewisburg, Pennsylvania.

In describing Kip Flock, John Bradshaw states: “As a therapist, Kip epitomizes the integration of effective skillfulness and humanness. After receiving Kip's clinical training, therapists and other human service providers, nationally and internationally, have contacted me to praise the experience, stating that it has been life-impacting, both personally and professionally. I trust Kip Flock's artistry and skill more than anyone else.”

About Dolores C. Proto, Event Producer



Dolores C. Proto holds a Master of Arts Degree in Liberal Studies with specialized training in codependency, food, alcohol and drug addictions. She began her counseling career as a certified alcohol and drug counselor (CAC) at Eagleville Hospital. Currently, Dolores is a staff member of ACORN Food Dependency Recovery

Services. She has a private practice and operates a recovery house. Dolores has taught Eating Disorder/ Food Addiction in the Undergraduate Addiction Program at Alvernia College. She continues to strengthen her affiliations with noted practitioners John Bradshaw and Kip Flock on “shame reduction” treatment.