

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 Proto, Event Producer



Dolores Proto holds a Master of Arts in Liberal Studies with specialized training in alcohol and drugs, codependency and food addiction. 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 and has a private practice and recovery house in Philadelphia. She continues to strengthen her affiliation with noted practitioners John Bradshaw and Kip Flock on “shame reduction” treatment.

We are **EACH** here
for a **UNIQUE**
PURPOSE, and
we have a **LEGACY**
to leave

*Embracing Your Toxic Shame
Weekend Workshop*
ATTN: Dolores Proto
Post Office Box 63284
Philadelphia, PA 19114-8284

EMBRACING your
toxic shame to **DISCOVER**
your **UNIQUE** self value,
your **DESTINY**,
and life **LEGACY**



A Weekend Workshop
*with best selling author John Bradshaw,
featuring life coach and psychotherapist Kip Flock*

November 2 – 4, 2007
Holiday Inn — Philadelphia Northeast
Bensalem, Pennsylvania

Register Today! Space is Limited!

For more information, please call 215-331-3077

Embracing Your Toxic Shame

November 2 - 4, 2007

Early Bird Registration (before Sept. 2, 2007): \$269.00

Full Price Registration (after Sept. 2, 2007): \$289.00

For Friday Night Workshop Only: \$35.00 (Pay at door)

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

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

Attendee #3: _____
Address: _____
City, State Zip: _____
Phone: _____
Email: _____

Payment

Checks made payable to: Dolores Proto
Post Office Box 63284
Philadelphia, PA 19114-8284

(checks accepted until Sept. 2, 2007 only)

Visa Mastercard Discover

Credit Card Number: _____

Expiration Date: _____ 3-digit Security Code: _____

Signature: _____

Name on Card: _____

Billing Address: _____

City, State Zip: _____

Holiday Inn — Philadelphia Northeast
3499 Street Road
Bensalem, Pennsylvania
Hotel Phone: (215) 638-1500
Room Rate: \$89.00 per night (Reference: John Bradshaw)

*Meals are not included with workshop fees. Meals are available onsite.

Our lives were given us to be free and fully alive. Toxic shame destroys our freedom and aliveness. It is the source of our addictions. The only way we can heal toxic shame is by embracing it. We must come out of hiding and give up our rigid defenses. Our defenses truncate our personality and blind us to our self value and uniqueness.

Once we have let go of our defenses we can begin the process of discovering our destiny. We are each here for a unique purpose and we each have a legacy to leave, an imprint that tells those who come after us that we were here.

This workshop will take you through a series of experiential exercises, deep trance meditations and lead you to your strengths and authenticity. You will observe Kip Flock doing actual recorded therapy, helping several people heal their shame and connect with their calling. John Bradshaw will offer forty years of wisdom in helping you find your best self. We will focus on all addictions with an emphasis on food addiction.

SCHEDULE

Friday, November 2, 2007 7:30 pm – 9:30 pm

How Shame Destroys Our Freedom and Self Value, and What We Can Do About It

We will begin this workshop by looking at the dimensions of our enemy, toxic shame. John will show you how shame, which is a good emotion whose purpose is to monitor excitement and pleasure and let us know our limits, can become an all-embracing negative identity crushing our self worth. Food addiction, while having chemical factors (like fat genes), has a direct relationship with low self worth. Kip and John will outline several ways this process can be reversed. These ways will be experienced on Saturday as we heal the shame that binds us.

Saturday, November 3, 2007

9:00 am – 10:00 am Experiencing the shame identity
10:00 am – 10: 20 am DVD of Kip working with a person's shame-based identity
10:20 am – 10:35 am Break
10:35 am – 10:50 am Dual meditations, visual scenes and voices
10:50 am – 11: 50 am Writing out a shame scene; sharing with group (must externalize the shame)

11:50 am – 12:30 pm Shame, guilt, morality and food addiction, DVD clip of shame-based person expressing guilt

12:30 pm – 1:30 pm Lunch
1:30 pm – 2:15 pm Shame the master emotion; dual induction: shame voices and emotions

2:15 pm – 3:00 pm Write out positive affirmations – listen for the voices and confront the voices

3:00 pm – 3:15 pm Break
3:15 pm – 3:30 pm Kip in therapy working with voices
3:30 pm – 4:00 pm Healthy shame gives us permission to be human: polarizations of shame

4:00 pm – 4:30 pm Embracing the shame-based child

Sunday, November 4, 2007 — Destiny Digging

9:00 am – 9:40 am Forgiveness — exercise with most shaming source figure
9:40 am – 10:30 am Redoing shame scenes
10:30 am – 10:45 am Break
10:45 am – 12:00 pm The Swan – finding the water of your belonging
12:00 pm – 1:00 pm Lunch
1:00 pm – 1:20 pm Dual induction
1:20 pm – 2:00 pm What is the work, art, hobby activity for which you are most grateful?

2:00 pm – 2:30 pm Who are the people that bring you life? Who are the guides who have met you (often unexpectedly) on your life journey?

2:30 pm – 2:45 pm Break
2:45 pm – 3:15 pm DVD – people working through shame for resolve
3:15 pm – 3:50 pm Thunderdrums – who would miss you if you died today? Give two reasons – what is it about life that you love? You would miss it if you died - where do you still want to go and what do you still want to do?

3:50 pm - 3:55 pm Five-minute stretch
3: 55 pm – 4:30 pm Legacy Vision: Kip leads you through a future vision of what your legacy was in this life