

# FEELING STUCK?

Want to ***speed up*** the process of change and growth?

Get ***one month*** of counseling in ***one day!*** Too good to be true? Read on...

## ***NOW AVAILABLE:*** THE BOUNDARIES SESSION!

Here is what those who attended had to say about the Boundaries Session:

- *"I gain so much from each of these sessions— having others (present) with the same issues & problems makes it so much better for me."*
- *"I was encouraged with the Christian approach; to start and finish with prayer and to have hand-outs with scripture to support the teaching and discussion."*
- *"This was great! Do it again."*

You are invited to attend a special session in which I will address codependency, boundaries and coping with a loved one or loved ones with whom you have difficulties setting boundaries.

- *The Boundaries Session provides a safe, confidential environment to learn to apply God's word in the area of boundaries, and to experience and celebrate God's transforming power.*
- *The group will be small; probably 4 to 6 persons who are struggling with situations that are identical or much like yours.*
- *It is a teaching meeting designed to give clients specific skills and tools to cope with specific issues.*
- *I will be sharing from a culmination of many years of experience researching and treating boundary issues.*
- *The session will be a safe place to simply listen and learn, or ask questions.*

### **Those who recently attended a Boundaries Session were asked:**

*"What would you like to say to someone who knows they need this group, but is afraid to come?"*

#### **Here is what a few of them said:**

- ❖ *Just come and listen. You don't have to share if you are not comfortable. The cost of not coming (not getting help) can cost more than doing nothing or trying to do it on our own.*
- ❖ *It's confidential and there are other people like you- you are not alone.*
- ❖ *They can be healthy and still be in God's will and set boundaries.*
- ❖ *There are a lot of people out there in the same situation you are in.*
- ❖ *It is confidential, laid back, all those in attendance are non-judgmental because they are in difficult situations also. It provides a wealth of information to equip you in life to bring you out of unhealthy areas.*
- ❖ *Just try it one time. You would be amazed at what you come away with.*

**→ → WHEN COMPARING THE COST OF INDIVIDUAL OR MARITAL COUNSELING FOR 3 HOURS VERSUS THE 3 HOUR BOUNDARIES SESSION: YOU SAVE \$211.00!**

You will learn how to:

- \* Make decisions and enforce boundaries in difficult relationships
- \* How to be assertive and avoid being manipulated with guilt
- \* How to get a laser focus on the fine line between enabling and serving
- \* Take care of your *self* while keeping in balance your responsibilities to others
- \* Understand the real difference between True versus False Guilt
- \* Understand scriptures that speak to codependency & boundaries
- \* Distinguish between Brokenness and True Recovery versus Surface Compliance and Pretending
- \* The Six Distinctions between enabling and serving and much more.
- \* All of the above are based on Scripture and the Christian Faith

**WHEN:** Date to be announced soon. Usually on Saturday mornings from 9 am – 12 noon.

**WHERE:** In my office room where I normally meet with clients.

**TO REGISTER:** Please call Deborah @ (318) 222-6800 or e-mail [martinLPC@bellsouth.net](mailto:martinLPC@bellsouth.net)

**TO RESERVE A SEAT FOR THE SESSION.** Payments may be made by cash, check or credit card.

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