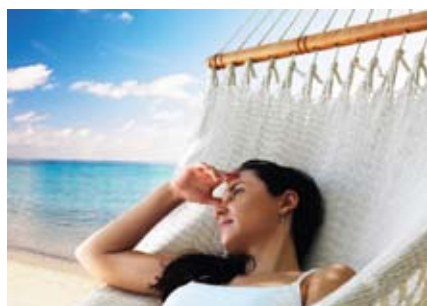


# A HERO'S JOURNEY

A Workshop for Codependency



BEHAVIORAL  
HEALTH  
OF THE PALM BEACHES, INC.



*To lower your mask  
and reclaim your inner strength and  
truth is a courageous journey – It is*

## *A Hero's Journey*

The Hero's Journey is a 5-day workshop offered through Behavioral Health of the Palm Beaches for individuals 18 years and older who have been stuck in the cycle of repetitive unhealthy behaviors. Many adult children of trauma and/or addiction often find that they are blocked from being who they want to be, and more importantly, who they really are. This program is an opportunity to reclaim your authentic self by breaking down invisible boundaries. The staff members of the 5-day workshop are trained in a variety of experiential therapies and are experts in the field of addictions, trauma, and codependency. The Hero's Journey is not designed to treat primary addiction, however, the program can help those who have been impacted by painful relationships, codependency, trauma and/or addiction.

The retreat is held in beautiful West Palm Beach, Florida. You will be surrounded by the sand and sun, while feeling the healing qualities of the ocean. We want to provide a safe and comfortable environment that will enable you to avoid distractions and focus on yourself.

### **The 5-day Hero's Journey may address the following issues**



- Codependency
- Painful Relationships
- Trauma
- Family of Origin Issues
- Multiple-relapses in Addiction
- Depression/Anxiety

## A Hero's Journey will provide:

- Morning Meditation
- Experiential Exercises
- Psychodrama
- Self-Discovery
- Expressive Arts
- Healthy Relationship Skills
- Reclaiming Self and Self-Esteem
- Anger Management
- Continued Care Plan
- Evening Wrap-Up
- Breath Work
- Optional Massages
- And More



Participants will be clinically evaluated by a trained professional to ensure that the best and most thorough care is provided. Ongoing communication with the referring therapist, as well as discharge summaries, will be provided. In all instances possible, participants will be directed back to the referring therapist. It is our belief that those who follow intensive treatment with aftercare therapy will achieve greater long term success.

The Hero's Journey will provide an individually designed treatment plan. This plan will provide a map for the client's journey to heal the trauma on the emotions, body, and mind. In addition, each participant will leave with a plan to continue the journey upon discharge. Within 2 weeks of completing the Hero's Journey, individuals will receive a follow-up call from their therapist to inquire about the recovery process. In addition, there is a website that has been designated for the alumni of the Hero's Journey where former participants can go for continued support and interaction. Upon completion of the program, participants will have the option of receiving a private email address which enables them to interact with former clients of the Hero's Journey.

The program is held one week per month beginning on Sunday at 7pm and ending on Friday at 5pm. For pricing and additional information please contact Behavioral Health of the Palm Beaches at 1-877-742-Hero (4376).

The program is open to anyone who is experiencing the consequences of unhealthy behaviors. People using drugs and/or alcohol addictively are not appropriate for this program. However, individuals who have successfully completed a rehabilitation program, yet have suffered multiple relapses, experienced trauma, or other painful life events are appropriate for admission.

*your journey begins today!*

**Call 1-877-742-Hero (4376)**

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RESIDENTIAL AND EXTENDED CARE  
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FOR MORE INFORMATION VISIT  
[WWW.AHEROSJOURNEY.COM](http://WWW.AHEROSJOURNEY.COM)  
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