

## Marilyn Bradford

From Judgement To Empowerment: Moving Beyond The Legacies Of Addiction And Trauma.

Addiction and the after effects of trauma and abuse can leave people feeling inadequate and ineffective to make the changes they desire. This workshop is designed to offer information and tools that anyone can begin using immediately to empower people to move beyond the hopelessness and self loathing born of addiction and trauma.

Both addiction and trauma act to undermine and attack a person's core being. Trust and an intact sense of self become buried under a sense of the wrongness of self and a mantle of judgment. This sense of wrongness is not about the person having DONE something wrong, it's about a person's belief that they ARE something wrong. Judgment secures and solidifies this belief.

With this in place, a person's chances of moving beyond addiction and the effects of trauma are very slim.

For most addicts, the sense of wrongness begins early on. The child simply does not "fit". The child is told, overtly or covertly, that they should be something they are not. The essence of who they are is invalidated. This message can come from family, culture, religion, education or from any dominant influence that lets the child know that they are inherently wrong. Trauma and abuse serve to reinforce this idea.

The goal of this workshop is to give participants tools and information that can be used to empower people to come out of the sense of the wrongness of them. From there, the target is to assist people in seeing the lies of addiction, trauma and abuse, and recognizing and reclaiming their true value as human beings.

The workshop is designed for anyone who works with or who's life has been involved with addiction and/or trauma.