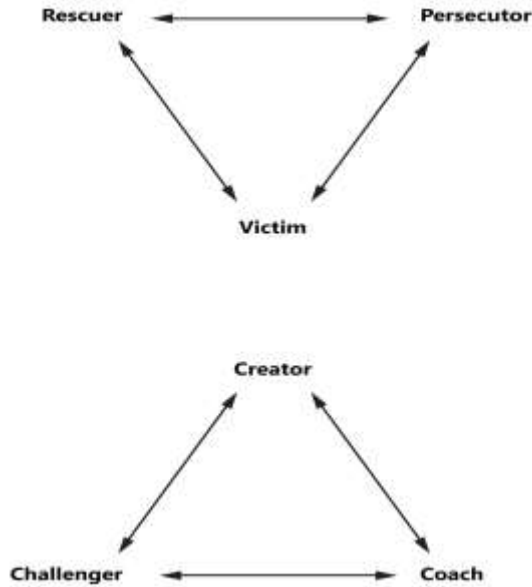


Journey Recovery Group Agenda – May 2012
Wednesdays, 6:30 – 7:45 pm



Wednesday, May 2, 2012

Topic: Karpman vs. Empowerment Triangle

As we shift our perspective from the Karpman Triangle to the Empowerment Triangle Model we will reframe our thinking, examine new possibilities, identify actions to take and consider different responses to our situations.

Wednesday, May 9, 2012

Topic: Creator Shift

Victim → Creator

What do I want?

Shift: Reacting → Choosing

Wednesday, May 16, 2012

Topic: Challenger Shift

Persecutor → Challenger

What is my intention?

Shift: Putting Down → Building Up

Wednesday, May 23, 2012

Topic: Coach Shift

Rescuer → Coach

How do I see the other?

Shift: Telling → Asking

Wednesday, May 29, 2012

Open Discussion

Facilitator:	Lois Thomson-Bowersock, MA, LCDC, ADC III, CET
Location:	1733 Woodstead Court, Suite 101, The Woodlands, TX 77380
Contact Info:	(281) 419-5255 lois@parentscoach.com or melinda@parentscoach.com
Time:	Wednesdays @ 6:30 – 7:45 pm
Fee:	\$20.00 per week, Credit Cards Accepted