

New resource available for Twelve-Step people

An Evening with a Retired Therapist

Every Monday night

7:00 pm

at the Unitarian Universalist (UU) Church
833 5th St. SE
Hickory, NC 28603



Background & purpose:

Many people have benefitted greatly from Twelve-Step meetings and especially so when licensed professionals also attend. And so it was often the case when this former therapist attended meetings. Regular meetings help keep us sober from our addictions to alcohol & other drugs, or help us refrain from dysfunctional behaviors such as overeating, gambling, the misuse of sex, or obsession with people or situations. Twelve Step programs - hundreds of them - have helped a great many people find serenity, peace of mind, freedom, happiness, and they have greatly benefitted people with self-esteem issues. There is a lot of value in support groups, but sometimes we need extra help getting underneath issues, or problems, or hidden memories that hold us back from being our authentic self. This is where combining therapy with 12-Step recovery helps. It propels us further and quicker on to a healthier self. As stated in the *Adult Child of Alcoholics' big red book*, counseling combined with recovery "can take years off the time it takes to be free of our old way of life" (p. 448). In an effort to provide professional guidance in conjunction with Twelve-Step recovery work, this opportunity is being offered. The purpose is to provide a discussion group on the nature of codependency toward helping people find solutions to live a happy, joyous, and free life. As with other Twelve Step groups, these sessions will practice confidentiality & anonymity. This meeting welcomes 12-Step people but is open to the public.

Who might benefit from this group?

- * Those who might be hitting a stumbling block while working the Twelve Steps
- * Those who wish to augment or add to their 12-Step experience
- * People whose 12-Step sponsors think they might benefit with some extra help on some aspect of their recovery journey
- * Anyone who would like some free help to get some clarity as to what is causing negative feelings, addictive behaviors, or unexplained anxieties
- * Those who would like to take their 12-Step experience to a higher level
- * Those who need help resolving snags in their emotional health

Information about the retired therapist:

Ed Mackie had a private counseling practice for 33 years before retiring in 1998. Both his undergraduate and graduate degrees came from UNC-Chapel Hill, with more training from therapists around the country. Some of his own growth came from over 30 years in the Twelve-Step program, being an adult child of two alcoholics, then an alcoholic himself. He has worked with many people, clarifying the 12-Step concepts into terms and behaviors that can be understood and put into practice in everyday life. Though he'd like to make millions of dollars in his retirement, he is willing to give this service away - free of charge.

No RSVP is needed - just come any Monday night