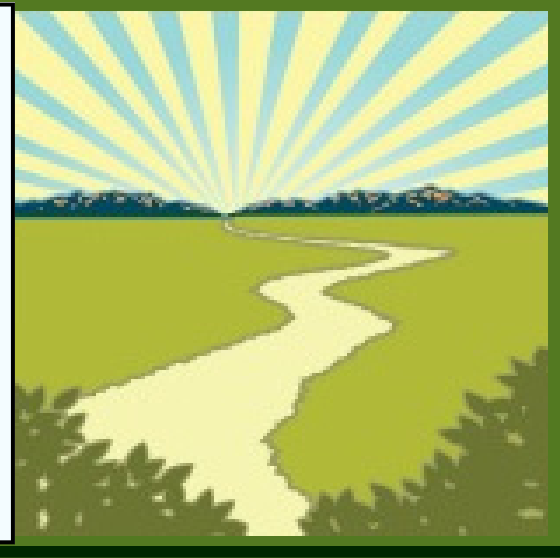


Saturday, October 15, 2022  
**9 AM to 1 PM Via Zoom US Pacific Time**

... our conversation continues ...

# Emotional Sobriety and the 12 Steps

Allen Berger, PhD, Clinical Psychologist  
 Herb Kaighan, Spiritual Guide



**Who should attend?** ALL who are interested in improving their life; especially those in **any** 12 Step Fellowship.

In this four hour workshop, Dr. Berger and Herb K. will share their understanding and experience with each of the 12 Steps = on how they help us achieve and sustain emotional growth. This powerful experience will give both the long timer and the newcomer an opportunity to look at the 12 Step process from a *fresh perspective*.

The 12 Steps produce a radical change in the way we think, feel and behave. They also create a template for continued progress in emotional health. They empower us ...

- to discover and recover our true self,
- to live with balance and JOY,
- to empower us to be the determining force in our own lives.

**Honestly ask yourself:**

- Am I experiencing serial suffering? What are the symptoms of my suffering?
- What is the *source* of my suffering?
- Do I have balance in my life?
- Do I have a sense of **value** and **purpose**?

**You will be invited to:**

- Identify the obstacles to relationship with yourself, with others and with the "Mystery".
- Taking ownership and responsibility for your **happiness**.
- Foster your emotional growth to have your life FLOURISH.



Saturday, October 15, 2022 ~ Schedule

Orientation	9:00	Program for Living (Steps 10-12)	11:00
Program for Recovery (Steps 1-9)	10:00	Conclusion; Q & A	12:00

**Cost: \$45** Zoom information and links will be emailed to you a few days before each event.

To register call José at (310) 377-4867 x250 or email him at [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)

**Herb Kaighan, Spiritual Direction  
(Sober - 1984)**

Through working the steps as contained in the Big Book Herb experienced a profound spiritual awakening. He will discuss the impact of the Process & Principles for walking this path, practicing emotional sobriety to develop emotional maturity and a practice of daily meditation to improve consciousness. [www.herbk.com](http://www.herbk.com)

**Allen Berger, PhD, Clinical Psychologist  
(Clean & sober - 1971)**

Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence and manifesting our true self. [www.abphd.com](http://www.abphd.com)