

Saturday, July 23, 2022

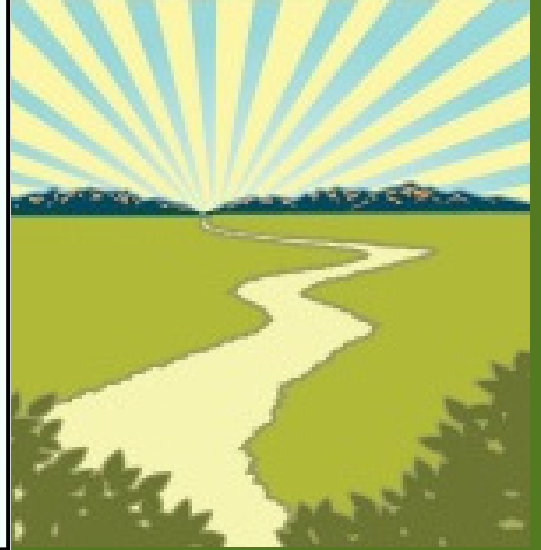
**9 AM to 1 PM Via Zoom US Pacific Time**

... our conversation continues ...

## Emotional Sobriety:

### WHEN DISTURBED

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 address the nature of "unmanageability":

Restless, Irritable, Discontent	Guilt/ Shame
Resentments - Columns 3 & 4	Depression
Tensions from negative thinking	Regret, Sadness, Remorse, Grief
	... and the promise of relief and FREEDOM!

**Honestly ask yourself:**

- Do I have a quality emotional life?
- Do I have balance, especially in my relationship with myself?
- Do I have a daily PRACTICE of PRINCIPLES that result in a fully authentic and integrated life.

**You will experience a process for:**

- Identifying the exact nature of obstacles to your relationship with yourself & others;
- Taking ownership and responsibility for your happiness;
- Fostering balance in your emotional and spiritual life.

Saturday, July 23, 2022 ~ Schedule

Orientation to Emotional Sobriety	9:00	Use of Column 4	11:00
Use of Column 3	10:00	Q & A: Dialogue of Experience	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 intentional 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)

