

Love addiction Love avoidance



Recovery Workshop

- Would you like your relationships with your partner or children to be richer and more rewarding?
- Would you like better ways to connect with people?
- Do you fear being overwhelmed by others?
- Do you yearn for closeness?

This workshop is designed for people who have a history of unsatisfactory relationships, who find that there are flaws in the ways they connect with other people. Rooted in our early relationships, this manifests itself in the present as love addiction or love avoidance – we either crave closeness or we fear being overwhelmed by others.

As a participant you can expect to look at your past in order to gain more understanding of your early years and how you learned to be in relationship with other people from your early experiences of your family and other significant individuals outside the family.

Dennis Durby

MSW, DCSW, MBACP (Senior Accredited)

Dennis has worked for over 30 years in addictions, recovery, trauma resolution, domestic and child abuse, relational recovery, and with issues specific to men.

He holds Senior Accreditation from the British Association of Counselling and Psychotherapy, and was a California-licensed psychotherapist before moving to the UK in 2005.

Dennis trained in addictions, relationship repair, and trauma recovery with Pia Mellody, Terrence Real, Patrick Carnes, and Francine Shapiro, among others.

Full attendance for all days of the workshop is essential in order that all participants fully benefit.

Please note that participants will be expected to abstain from alcohol and other drugs during the workshop. Individuals on prescription medications should inform us at the time of registration about any drugs they may be taking regularly or occasionally.

Workshops fill quickly and numbers are limited. Early registration is strongly encouraged.

To register please visit
www.nexuswest.co.uk/la2

Or you can register or make enquiries by calling us on +44 (0)20 3002 3774.

Following registration, all participants will be provided with a copy of Pia Mellody's *Facing Love Addiction* to read before beginning the course. Please see our website for current FAQs about cancellation and rescheduling policies and refunds.

**29 Nov – 2 Dec 2012
(four days)**

Fee: £900 per person

Greycoat Place, LONDON SW1

Held in comfortable surroundings a few minutes' walk from either Victoria or St James's Park stations in Westminster. Parking is available on nearby streets.

The workshop will run from 10am to 6pm (approximately) over four days – Thursday to Sunday.



This workshop is for individuals with a history of unsatisfactory interpersonal relationships. Early 'attachment' experiences can manifest later in life as love addiction or love avoidance. Those with such conditions may either crave or fear closeness.

Love addiction

Love addicts give much time, attention and value to other people, whilst neglecting to care for or value themselves. Obsessive focus on other people is further intensified by fear of abandonment.

Love addicts can be addicted to a lover, spouse, friend, parent or child. Love addiction is painful. It also negatively impacts other people within the relationship. Love addicts often experience issues with self-esteem, containment boundaries, and care of their own adult dependency and inter-dependency needs.

I have come to believe that people fall into love addiction because of the unhealed pain from childhood abandonment, and the feeling that they cannot be safe in the world without having somebody else to hold them up.

Pia Mellody

Love avoidance

Love avoidants also assign much attention and importance to other people. Love avoidants have difficulty relating and, as a result, operate from a sense of duty or necessity. They may also seek to run the lives of others, assuming the role of parent. They may appear functional, but often feel pain and resentment, and fail to experience relational joy or contentment.

Love avoidants are often obsessed with keeping their distance from other people, using walls rather than functional boundaries to protect their sense of space and self. The use of such walls makes intimacy and genuineness with other difficult to impossible.

Because of the tendency to be walled off, love avoidants often have difficulty identifying and expressing what they are feeling. The avoidant person may seek escape through long work hours, addictions, or affairs.

Between the two

Some people move between these two states, depending on the behaviour of others. A person may be an avoidant in one instance but may adopt a love addict role upon meeting someone even more avoidant of intimacy. The role changes become much like a prescribed dance. Despite alternating between running-towards and running-away from the other person, the distance between the two individuals rarely varies.

Without intervention, the cycle may continue for years, neither person feeling satisfied within the relationship. In a relationship where there is difficulty in achieving moderation, addictions and compulsive behaviours are often evident. These often occur as a means to medicate the perceived loss of the other's attention, or to distance from the other person, whose needs feel overpowering.