

ABOUT US

Nathan Hawkins is the owner of Life Encounter Counseling, Aaron Potratz is the owner of Discover Counseling, and both are Licensed Professional Counselors with 10+ years of experience each.

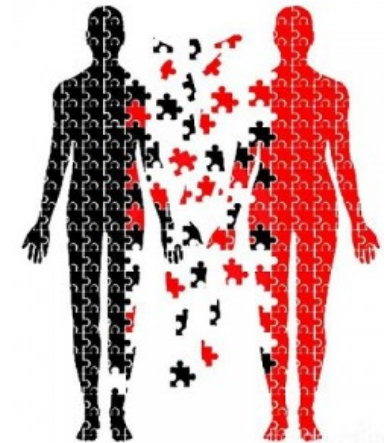


Convenient Location in Tigard

Our suite is in the Hilltop Business Center (pictured below), on the second floor above the Hilltop Cafe. We are conveniently located in the Tigard Triangle - between Hwy 217 and I-5, near the Lowe's and Costco off Hwy 99W. We have a comfortable office suite with plenty of seating, complimentary wifi, and coffee/tea in the waiting room for our clients.



LIFE ENCOUNTER & DISCOVER COUNSELING



Characteristics of codependent people:

Caretaking; Low self-esteem; Repress their self; Obsession; Controlling; Denial; Dependency; Poor communication; Weak boundaries; Lack of trust; Anger

Contact us for information.

Our Philosophy and Approach

We believe that all people have the ability to gain greater understanding about themselves, which can help them focus on making the right changes in order to achieve their goals. With wise guidance, compassion, and healthy doses of humor, we can help you build the skills necessary to improve your well-being and interpersonal relationships.



(971) 222-8166 x101



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CODEPENDENCY GROUP THERAPY

Starts **February 2018** on **Tuesdays**
from **12:00-1:45pm**; **\$45 per session**,
some insurance accepted

www.LifeEncounter.com
www.DiscoverCounseling.com

GROUP INFORMATION

Codependence is another word for the pattern of taking responsibility for others when they are not yours to be responsible for. It also typically involves not taking good care of yourself as a result.



Detachment is letting another person experience their natural consequences instead of taking responsibility for them yourself.

Who this group is for

If you or someone you love struggles with making bad decisions, saying yes to everything or having difficulty saying no, people pleasing, taking things personally when you know you shouldn't, or enabling unhealthy habits, then this group is for you!

How this group can help you

This group can help you become aware of and better understand what your codependent patterns look like in your life, why you do them, where those roots come from, and what to do to change those patterns into healthier lifestyle and relationship habits.



1

What is codependency?

What does it mean to be codependent? What is a healthy relationship, in comparison? How does codependency develop, and why? What does it look like in relationships?

2

What are boundaries?

What are healthy versus unhealthy boundaries? Why are they important for healthy relationships? Do boundaries mean saying no to everything and being aggressive toward others?

3

What is a healthy self?

What does it mean to love yourself or to care for yourself? What is a healthy self-image? Is a healthy self the same thing as selfishness? How do you get to know yourself well?

4

What are healthy relationships?

Where do others end and I begin? How can I care for others without being codependent? Is it possible to learn if I've never had healthy relationships? Will healthy relationships be scary?

Why group counseling:

- **You are not alone.** Groups help you see that you are not alone, and others have similar struggles
- **Sounding board.** See different perspectives and receive feedback in a safe, environment
- **Gain wisdom.** Learn from others' experiences and gain support for yours
- **Grow safely.** Practice new skills and learn new ways of thinking, feeling, and responding
- **Gain confidence.** Build or strengthen your social skills
- **Affordable.** \$45 per session, insurance OK