

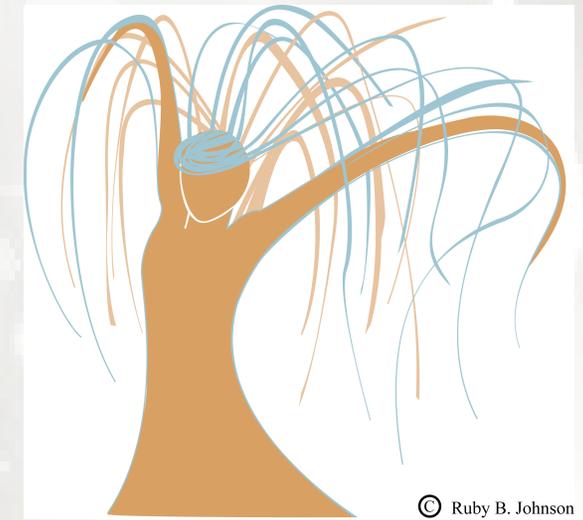


I AM AN AFFIRMING, AN ACCEPTING, A KNOWLEDGEABLE AND AN EXPERIENCED THERAPIST THAT PROVIDES SERVICES FOR INDIVIDUALS WHO ARE GAY, LESBIAN, BISEXUAL, TRANSGENDER, & GENDER NON-CONFORMING. MY PRACTICE IS SAFE AND WELCOMING OF ALL RELATIONSHIP STRUCTURES AND CONSTELLATIONS. I AM A KINK AWARE PROFESSIONAL PROFESSIONAL AND COALITION PARTNER WITH THE NATIONAL COALITION FOR SEXUAL FREEDOM.



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INAMORATA[®] LLC

I AM WORTH.
THREE DAY
INTENSIVE WEEKEND

RUBY B. JOHNSON LCSW, LCDC
SEXUALITY EDUCATOR AND COUNSELOR
CERTIFIED MASTER FORENSIC SOCIAL WORKER



OUR MISSION:
TO ENHANCE. TO EMPOWER.
TO IMPROVE. YOUR QUALITY OF LIFE.



SUBSTANCE ABUSE PROFESSIONAL

THAT MEETS THE DEPARTMENT OF TRANSPORTATION'S (DOT) RULE, 49 CFR PART 40, DESCRIBES REQUIRED PROCEDURES FOR CONDUCTING WORKPLACE DRUG AND ALCOHOL TESTING FOR THE FEDERALLY REGULATED TRANSPORTATION INDUSTRY.



HUB

Statewide Historically Underutilized Business Program

THE STRUGGLE THAT SHAPES THE MISSION

The emotional discomfort from the shame, the anger, and the fear of life's disappointments and unfulfilled expectations can impact you in many ways.

The insecurity within self and your personal relationships can create detachment from self and others. The lack of confidence that anyone or anything will meet your needs increases. To cope with this discomfort, you may use people, substances, things, chaos, and risky experiences to manage the uncomfortable feelings of emotional pain and disappointing relationships.

I understand and you are not alone. Group therapy offers you a sense shared experience and meaning with others who share your dilemma. Through cognitive, dialectical, boundary and attachment skills building that ignites empowerment, interpersonal strength, self compassion, and increased vulnerability -

"I am worth." becomes your anthem.



I AM WORTH.

THIS 3 DAY INTENSIVE LAYS THE FOUNDATION OF SELF UNDERSTANDING, SELF COMPASSION, VULNERABILITY, AND COURAGE. WE COLLABORATE TO IDENTIFY AND TO DISMANTLE THE SHAME, FEAR, AND ANGER RESPONSES THAT FUEL UNHEALTHY BEHAVIORS.

WE UTILIZE THE GROUP PROCESS TO OFFER SHARED EXPERIENCES, OPPORTUNITIES FOR EXPERIENTIAL EXERCISES, SOLIDARITY AND UNITY WITH PARTICIPANTS, HEALTHY SOCIAL ATTACHMENTS, AND BEHAVIORAL THERAPEUTIC INTERVENTION.

THE PARTICIPANTS ARE EMPOWERED WITH HEALTHY COPING SKILLS, DIVERSE PERSPECTIVES, AND NEW HOPE.

CHANGE IS POSSIBLE.

CONTACT ME TODAY.

THE INTENSIVES OCCUR AS OFTEN AS DEMAND DICTATES.

LUNCH AND SNACKS ARE INCLUDED IN COST.

SUPPLIES AND OTHER MATERIAL ARE INCLUDED IN COST.

CONTACT RUBY FOR DETAILS AND TO RESERVE YOUR SPOT.

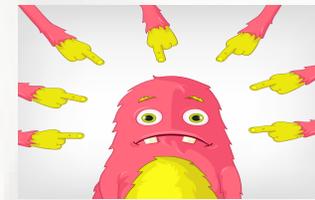
AFTERCARE IS TWELVE ONE HOUR GROUP SESSIONS ONCE PER WEEK FOR 12 WEEKS FOLLOWING INTENSIVE.

THE CONTENT

**FRIDAY
UNDERSTANDING
POWER**

10 AM-5 PM

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1. STIGMA: GENDER EXPECTATIONS
 2. UNPACKING AND DESHACKLING
 3. VALUES, BELIEFS, AND INTEGRITY
 4. BARRIERS, BOUNDARIES, AND REFUSAL
 5. YOUR MISSION AND VISION STATEMENT



SATURDAY

C³

10 AM- 5 PM

1. EGO STATES: ROLE OF BELIEF, CONFIDENCE, AND NEED
2. SECURALLY AND INSECURALLY ATTACHED
3. CHILD, ADULT, & PARENT: THE SKILL OF NEGOTIATION
4. COERCION, CHOICE, AND CONSENT
5. INTENSITY AND VULNERABILITY

SUNDAY

**BALANCE
90 DAY PLAN**

10 AM - 5 PM

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1. BRINGING IT ALL TOGETHER
 2. NEEDS, WANTS, DESIRES
 3. AUTHENTIC SELF
 4. SHAME VERSUS SELF COMPASSION
 5. REPETITION STRENGTHENS AND CONFIRMS