

Caron

Posted by trying123 - 13 Jun 2010 19:24

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A therapist recommended that I attend a week-long workshop at Caron called Breakthrough.

Does anyone have any information about this?

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Re: Caron

Posted by trying123 - 14 Jun 2010 12:02

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Anyone out there?

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Re: Caron

Posted by StrugglingGuy - 14 Jun 2010 17:22

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im here

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Re: Caron

Posted by trying123 - 11 Jul 2010 07:15

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I just git back from Caron...

I gained quiet a bit...

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Re: Caron

Posted by ovadia - 11 Jul 2010 07:52

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Well can you let me out of the suspense please?

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Re: Caron

Posted by 7yipol - 11 Jul 2010 09:12

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[Tried-123 wrote on 11 Jul 2010 07:15:](#)

I just git back from Caron...

I gained quiet a bit...

.....waiting to hear....

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Re: Caron

Posted by Elya K - 11 Jul 2010 18:27

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Never heard of it but there are several really good week workshops.

One in Nashville called Onsite [onsiteseminars.org](http://onsiteseminars.org)

One in Memphis at [ehcmemphis.com](http://ehcmemphis.com)

Carnes has some in arizona and Mississippi.

I've been to two of these and they are remarkable and very well worth it.

To review them go to: [sexhelp.com](http://sexhelp.com)

Elya

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Re: Caron

Posted by 7yipol - 11 Jul 2010 19:03

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"The Meadows" in Arizona is highly recommended.

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Re: Caron

Posted by trying123 - 16 Jul 2010 00:57

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OK,

the Breakthrough Program at CARON is very dynamic and professional. It is well run and has a great staff...

It utilizes group therapy to examine underlying issues that cause difficulties in areas like relationships, addictions, anxiety, codependency, etc.

It is meant primarily for individuals who are in therapy/recovery but are stuck.... Or can use a jump-start...

I had a very rough time because there where many issues that came up for me causing difficulties and I needed someone to work with individually. They do not provide that, it is a group experience...

the other participants seemed to have an easier time than me....

But I still gained a lot in terms of realizing what's really holding me back and the group experience had a very profound effect...

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Re: Caron

Posted by trying123 - 16 Jul 2010 01:02

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I realized that a 5 day program wont do the trick for me...

The staff at CARON recommended me to look into "The Meadows" in Arizona.

Does anyone know anything about it? Is there Kosher?

Also my primary issue is shame, social fear, codependency, traumatic background, etc.

I am not addicted to any substance or act. Would this program work for me?

How can I find out more about it?

Thank You, Chevra

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Re: Caron

Posted by Elya K - 16 Jul 2010 15:19

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The meadows is where Tiger Woods went. It is the premier center in the country and deals with all these issues you mentioned - The lady who wrote the book literally on codependency works there. YOu will probably have to make arrangements for Kosher with Phoenix Jewish community and they will be accomodating as far as wrapped foods, ovens, etc. You won't be the first frum Jew there, I promise.

Elya

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Re: Caron

Posted by trying123 - 16 Jul 2010 18:09

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Thanks Elya,

I spoke to the intake department at The Meadows, They said that they can arrange for Kosher Meals...

What about Shabbos?

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Re: Caron

Posted by Elya K - 20 Jul 2010 22:45

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What about shabbos. You keep shabbos, they don't. what? You want them to all keep shabbos with you? Not going to happen.

I did this and sat and ate my kosher food with all of the others on Friday night and Shabbos, with my GF, challah and grape juice. It will spark some interesting discussions and you'll probably be Mekarev some other Yidden there.

I told my group I couldn't play outside sports on Shabbos because of no eruv so they all

said OK, we'll do something inside so you can participate. So don't worry about keeping shabbos in front of them. As far as davening you might have to get up early and daven so you can put on your Tallis. It depends where you'll be. Just work out in your mind where your food is and where you'll be and make sure without an eruv you can get to it. It takes a little organizing. You just have to set your own boundaries with your group about what you can and cannot do, like writing, etc.

Remember, you're going to a place of acceptance and honesty and they want you to be honest and ask for what you want and need. This is part of the whole process.

be proud, Jewish and it will all turn out amazing.

elya

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Re: Caron

Posted by trying123 - 21 Jul 2010 00:27

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Wow thanks Elya....

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Re: Caron

Posted by Holy Yid - 21 Jul 2010 04:51

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Good luck, tell us how it goes. I am rooting for you. Very impressed by your courage. Elya speaks the truth.

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