

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 Esther - 23 Jul 2010 22:49

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Thanks for taking my sick humor in a good way about the Shabbos thing.

It's not that one is better than the other. if you've never been, you'll get out of it... 1. What you put in and 2. What you're supposed to get out of it.

Its more a matter of time spent there than qualifications.

Elya

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Re: Caron

Posted by Moshew - 26 Jul 2010 22:52

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Yes please keep us posted.

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Re: Caron

Posted by trying123 - 17 Aug 2010 08:32

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I'm going flying to Phoenix this Thursday and starting a 5 day workshop at The Meadows on Monday...

does anyone know anything about the community in Phoenix?

I am getting nervous about this trip...

Also it ends Friday and I'm only leaving the following Tuesday. I might get depressed being myself in a foreign place...

I'm nervous....

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Re: Caron

Posted by kosher - 17 Aug 2010 16:28

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Find the local shul(s) at [godaven.com](http://godaven.com) and work from there.

I can help you with this if you want.

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Re: Caron

Posted by Elya K - 18 Aug 2010 02:42

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I thought you were going to Kentucky?

Whatever, I admire your courage, don't be nervous. You'll learn so much about yourself.

But you know what the best thing is? You may actually inspire others to leave the New York area (that's a thought!!!!!!) and get some help through an intensive process of healing, therapy, honesty and recovery. It's worth the money. We can sit back and wish and hope that we'll maybe be able to stop and block our phones and our computers, etc. But until we really face the core of the problem... our being Resentful, Irritable and Discontent... this dis ease will haunt us forever. When we can stop blaming our past and stop worrying about the future and give it up to Hashem to guide us.... then we can have serenity and live like Hashem intended. SHALVA.....

Elya

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Re: Caron

Posted by trying123 - 18 Aug 2010 07:52

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Our community tends to be a few years behind the curve.... :-\

A mere 15 years ago Therapy was considered a total taboo. :-[

But Groups and Rehab are still a total taboo.

Perhaps in a few years these will be more commonplace....

Regarding Kentucky:

I was at the verge of signing up for this little known small program in Kentucky but in the last minute I kind of realized that it was lacking in professionalism and experience. Also I found out that most people attending that place had no prior treatment....

The final straw was when they gave me a difficult time about the fact that I wouldn't be able to attend a meeting on Shabbos (which they drive to...)

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