



Addiction is a disease that affects not only the individual but significant others as well. We sometimes call addictions a family disease as loved ones also become unwell as a result of the illness.

This disease can stress the family to the breaking point, shake up the stability of home, impact mental and physical health and the overall dynamics of the family.

Family members sometimes take on roles as a result of the addiction. These various roles tend to develop in order to maintain the family secret and this becomes unhealthy. Unfortunately managing this addiction in the family requires skills.

This workshop will introduce the essential skills.

Participants will learn what they can do in order to help their loved ones and also themselves. Key topics such as boundaries, assertiveness and co dependency will be discussed.

There will be intense moments of healing during the workshop. The journey of recovery for the family members will start with removal of pain and misery.

Our trainers are highly skilled professionals and come with multicultural experiences from around the globe.

Join us and learn to combat addiction in your world.

Date: 27 February - 1 March 2015

Duration: 7.00 a.m - 10.00 p.m

Venue: Shangri-La's Tanjung Aru Resort & Spa, Kota Kinabalu, Sabah, Malaysia



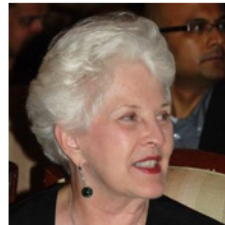
Trainers:



Dr Prem Kumar Shanmugam is CEO and Clinical Director of Solace Addiction Retreat in Sabah, Malaysia. Prem is one of the founding members and the Regional Director of the Asia Pacific Certification Board (APCB)

He also acts as the President of the Psychotherapy and Counselling Association of Singapore, while being one of the founding members as well.

Click [here](#) to know more



Marjorie Nixon co-founded the first private freestanding outpatient clinic to treat addictive diseases in the State of Wisconsin, USA in the late 70's.

She is known throughout Singapore for her work in addictions and has done extensive work since 1998 providing training in sex addiction, substance abuse & gambling.

Click [here](#) to know more



Sharmini Winslow graduated from the University of California; Irvine with a Bachelor of Fine Arts in Dance, and from Monash University with a Masters in Counselling. Her experience in the fields of the Performing Arts and Counselling has led her to develop a dynamic and innovative form of experiential therapy.

Her training includes Psychodrama with members of ANZPA, the Australian and New Zealand Psychodrama Association. Click [here](#) to know more

Fees:

*USD\$1000

*Price is subject to 6 % GST

Note: Fees do not include accommodation

Discount:

Early Bird

10 % for those who register and pay before 15 January 2015

Group

10% for 2 to 4 people who sign up together

20% for 5 people and above!

Payment Method:

The Solace Sabah Retreat Sdn Bhd

Account Number: 510143650699

Swift Code (BIC): MBBEMYKLIKIN

Bank: Maybank Berhad, Karamunsing, Sabah, Malaysia



Accommodation

5 Star Shangri-La's Tanjung Aru Resort & Spa

Kinabalu Wing Seaview Room, Double Bed, Breakfast Included

Normal Price Per Pax: MYR 796 per night excluding 10% service tax + 6 % GT

Save more and book through us!

Solace Sabah Price Per Pax: MYR 600 nett per night including 10% service tax + 6 % GT

To book, kindly email your details & coordinate with Ms. Bonnevie

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