

THE ANSWER MODEL WORKSHOP

SATURDAY & SUNDAY, MARCH 14-15, 2009 • 9:00am-4:00pm

District of North Vancouver Council Chambers

355 W. Queens Rd. • North Vancouver, B.C. V7N 4N5

THE ANSWER MODEL PROCESS WILL HELP YOU OVERCOME THE UNCONSCIOUS BLOCKS THAT HAVE BEEN CREATING PAIN FOR YOU AND YOUR LOVED ONES.

IF YOU WANT TO:

- Let go of anxiety, guilt and other toxic emotions that drain you
- Learn how to transcend self-destructive patterns driven by the unconscious mind
- Learn what causes the vast majority of the conflict in your relationships
- Discover why what you do doesn't always align with who you truly are

... then The Answer Model Workshop is for you!

The Answer Model Workshop will present an exciting new model of psychological health and healing that is based on cutting-edge research in psychology and neuroscience. Our curative system has been shown to be extraordinarily powerful in helping people overcome a wide range of self-destructive behaviors. We will lead you through a series of exercises that will show you how to overcome obsessive thoughts and self-defeating patterns and how to become more fully alive and at peace in the present moment.

THE ANSWER MODEL WORKSHOP WILL CHANGE YOU FOREVER.

TESTIMONIALS

This was the most powerful process I have ever been through in my life.

Larry B.
San Pedro, California

I can genuinely say this workshop changed me. It helped me to take off my mask and set me on a journey of getting to know, and love, the person underneath. This workshop is truly amazing!

Wendy P.
Kamloops, British Columbia

I was profoundly affected by this workshop. To be given the awareness to stop cyclical, obsessive thought patterns was incredibly empowering and has brought a previously forgotten peace to my soul.

Betty R.
Kamloops, British Columbia

The Answer Model has provided training for B.C. government clinicians, as well as for parents and teachers from schools in the U.S.A. and B.C.

One Day: Sat, March 14th only: Registration online before March 1st: \$209; before March 12th: \$259 (At the door: \$289)

Two Days: Sat, March 14th and Sun, March 15th: Registration online before March 1st: \$299; before March 12th: \$399; (At the door: \$459)

For more information and to register for the workshop, please go to our website at www.theanswermodel.com or call Todd at 310-919-9197

WORKSHOP SCHEDULE

SATURDAY, MARCH 14, 2009

- 9:00 a.m. – Introduction
- 9:15 a.m. – Theoretical Foundation for The Answer Model
- 10:00 a.m. – Q & A
- 10:15 a.m. – Exercise to distinguish True Self and false self
- 10:45 a.m. – Break
- 11:00 p.m. – Identifying specific addictions
- 12:00 p.m. – Lunch Break (Lunch provided)
- 1:00 p.m. – How addiction pulls us away from our True Self and our core values
- 2:00 p.m. – Exercise to determine core values
- 3:00 p.m. – Spontaneous Recovery
- 3:30 p.m. – Q & A
- 3:55 p.m. – Journal exercise
- 4:00 p.m. – End of Day 1

SUNDAY, MARCH 15, 2009

- 9:00 a.m. – Authentic vs. disconnected feeling
- 9:45 a.m. – Responding to the “void” authentically
- 10:15 a.m. – Mapping the triggers for your addictions
- 10:45 a.m. – Break
- 11:00 p.m. – Control Dramas
- 12:00 p.m. – Lunch Break (Lunch provided)
- 1:00 p.m. – The True Self and the highest levels of homeostasis
- 1:45 p.m. – The Scale of Consciousness
- 2:30 p.m. – Tools to come into present moment awareness and homeostasis
- 3:30 p.m. – Q & A
- 4:00 p.m. – End of Workshop

ABOUT YOUR HOSTS

Todd Ritchey is an addiction specialist who works as an interventionist, counselor, and mentor for families and couples dealing with drug addiction, relationship issues, and a variety of other painful conditions and circumstances. The Answer Model, which Todd has been using clinically since 2005, has proven to be extraordinarily effective for his clients. Todd lives in Vancouver, B.C. with his wife of twenty-one years and their three children.

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tel: 310-919-9197

John Montgomery has a Ph.D. in Neuroscience from Caltech, in Pasadena, California, and a B.A. in Molecular Genetics from Trinity College in Dublin, Ireland. He has written about science for The Washington Post and The Economist, primarily about the interface between psychology and neuroscience. John, along with Todd Ritchey, is a co-author of *The Answer Model Theory*, and is currently writing two other books that will describe The Answer Model and its therapeutic applications in detail. He lives in Santa Monica, CA.

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