

# THE ANSWER MODEL



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## **The Answer Model Workshop: Relationships, Love, and Addictive Patterns**

February 6th, 2010  
Santa Monica College  
Santa Monica, CA

Presenters: John Montgomery, Ph.D. & Todd Ritchey

### **Schedule for Program**

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|--------------------|--|
| 8:30 – 8:45 a.m.   | Registration   |
| 9:00 – 9:05 a.m.   | Introduction   |
| 9:05 – 10:05 a.m.  | Overview of the theoretical foundation for The Answer Model<br>(John Montgomery)   |
| 10:05 – 11:05 a.m. | Addiction and Relationships; Core values exercise (Todd Ritchey)   |
| 11:05 – 11:20 a.m. | Break  |
| 11:20 – 12:20 p.m. | Food and sex addiction; Mind/Body effects; Relationship dramas;<br>Sadistic payoffs; Neural antibodies and brain plasticity (JM) |
| 12:20 – 1:20 p.m.  | Lunch Break  |
| 1:20 – 2:20 p.m.   | “Control” dramas; Belief systems; Identity and addiction (TR)  |
| 2:20 – 3:20 p.m.   | Feeling “safe” in relationships and survival mode; Play, projection,<br>love, homeostasis and relationships (JM)                 |
| 3:20 – 3:35 p.m.   | Break  |
| 3:35 – 4:35 p.m.   | Justifications for self-defeating patterns; Discovering and muting<br>triggers; Intervention; Gift of the 5 senses (TR)          |
| 4:35 – 4:45 p.m.   | Discussion; Closing Remarks  |

The Answer Model has been approved by the California Board of Behavioral Sciences to provide continuing education credit for MFTs and LCSWs (PCE # 4505). There are 6 CEUs available for this workshop.

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