

# Working Through the Hard Stuff

## *A day of Conflict Resolution*



*Part 2 of  
"Building Healthy Relationships Workshop"*

### My Part:

- ❖ Have you tried over and over again to bury a problem only to find it resurrecting over and over again?
- ❖ Do you tend to over react with out of control anger?
- ❖ Are you afraid to be yourself and to express your true thoughts and feelings in the face of conflict?
- ❖ Do you try to avoid conflict at all cost?

### Your Part:

- ❖ Do you blame others for your anger?
- ❖ Do you have difficulty coping with another person's anger?
- ❖ Are you accused of 'not listening' no matter what you do?

### Our Part:

- ❖ Do you experience a chaser/avoider dance pattern when faced with conflict?
- ❖ Do you have agreements in various relationships about how to manage conflict and disagreements?
- ❖ Would you rather give in and keep the peace at all cost rather than face conflict?

*You will experience various proven strategies for managing anger and resolve conflict. We believe lasting change comes by experience rather than simply 'lecturing.'*

### For more information contact:

Linda Kagey, LCDC, ADC  
Owner, Kagey Family Counseling  
Counselor  
832-928-0211  
linda@lindakagey.com

Dee Gardner-Wilson, LCSW, LCDC  
EMDR Psychotherapist  
Certified Sex Addiction Therapist  
832-489-1998  
dee@thecounselingservice.com

### When:

June 2, 2018  
9:00 am – 6:00 pm

### Where:

The Heights Treatment  
3313 D'Amico  
Houston, TX 77019

### Cost:

\$95 before 5/19  
Late registration \$115

**Register at either  
website below**

[www.thecounselingservice.com](http://www.thecounselingservice.com)

[www.lindakagey.com/events](http://www.lindakagey.com/events)

*"See to understand then  
to be understood"*

Stephen R. Covey

### DEE GARDNER-WILSON, LCSW

(832) 489-1998

### LINDA KAGEY, LCDC

(832) 928-0211

2000 North Loop West,  
Suite 210  
Houston, TX 77018