

**Early Registration Discount**  
Register by February 15  
and receive a \$50.00 discount

Under the direction of Dr. Edwin Hutchinson each participant will have an opportunity to create positive life experiences through a series of individual, small and large group experiential activities handling subject matters, and investigating your own beliefs about you and...

- **Parental alcoholism (COA)**
- **Co-dependency**
- **Marital conflicts**
- **Blended families**
- **Low self-esteem**
- **Depression**
- **Child abuse, molestation, rape**
- **Anger**
- **Fear**
- **Communication**
- **Personal accountability**
- **Shame**
- **Guilt**
- **Forgiveness of self and others**

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakens.  
-Carl Jung

**What is the Workshop**

The workshop is a three day experiential seminar that uses guided and supervised individual, small and whole group learning activities that are specifically designed to enhance and reframe a series of real life issues that all people face in daily relationships with another person. Each activity is an individual lesson in what you believe about life and conflict resolution.

**Hours**

Thursday 5:30 p.m. Registration  
6:00 p.m. to 10:00 p.m.  
Friday 9:00 a.m. to 10:00 p.m.  
Saturday 10:00 a.m. to 7:00 p.m.

Registration fees include tuition and all workshop materials. Meal breaks will be provided, but participants are responsible for all meals.

**CLOTHING:** We suggest you dress comfortably. Sweat suits, casual slacks and jeans are most appropriate.

**AGE:** 18 years of age and older.

**COST:** \$350.00 per person (a \$50.00 non-refundable deposit will reserve your seat).

**Couples** - 50% discount for the second person.

**LOCATION:** LaQuinta Inn Conference Room,  
333 Ironwood Avenue, Coeur d'Alene, Idaho

The next SELF-DISCOVERY WORKSHOP will  
be held  
March 15, 16, and 17

**REGISTRATION FORM**

Please accept my registration fee for the next **Self Discovery Workshop** to be held: \_\_\_\_\_  
\_\_\_\_\_, 20\_\_ in the amount of  
\$ \_\_\_\_\_.

Please reserve \_\_\_\_\_ seat(s).

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone No. \_\_\_\_\_

E-mail address: \_\_\_\_\_

Names of family members attending:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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How did you hear about the **Self-Discovery Workshop**? \_\_\_\_\_

\_\_\_\_\_

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*For more information please call Chris Hutchinson at (208) 676-1633 or visit our website at amendcenter.com.*

Mail registration form to:  
**Chris Hutchinson**  
**Self-Discovery Workshop**  
**P.O. Box 3405**  
**Hayden Lake, Idaho 83835**

*We look forward to this journey with you.*

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During the course of this workshop each participant will have the opportunity to discover and begin to revisit their own personal beliefs and obstacles to happiness in a safe environment of regard, personal respect, and integrity. We do not endorse any religious, political or social policies or products.

More than 7,000 graduates of Self-Discovery Workshop have discovered that life and its complications are merely opportunities for personal and individual choice, and report feeling better about life, themselves, and their loved ones; by simply investigating their “beliefs”. Workshop graduates have discovered that happiness, personal satisfaction and quality relationships are possible by simply looking at major life issues from a different perspective. To shift your beliefs and perceptions is to shift how you experience life.

The Self-Discovery Workshop prides itself on assisting people to make changes in their lives without compromising personal, religious, spiritual or family values and principles, or using exhaustive, coercive, manipulations that can be harmful to meaningful, healthy or lasting change.

*If you are currently enrolled in a therapy program or seeing another mental health professional, we would recommend that you discuss your doing Self-Discovery Workshop with them before registering with us. They and you know best whether this is the time for you to participate in a personal development workshop.*

*If you are not presently working with another therapist or have never participated in personal development workshop, it may be in your best interest to schedule at least one visit with Dr. Hutchinson to determine if it is in your best interest to participate in this workshop at this time in your life and/or treatment.*

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## THE SELF DISCOVERY STAFF

The facilitator for Self-Discovery Workshop is Dr. Edwin Hutchinson, Ph.D., L.C.S.W.

Dr. Hutchinson is a licensed clinical social worker who has over 44 years in providing individual, group, and family counseling to adolescents, and adults. He has worked extensively in the field of dysfunctional families, children and adult children of alcoholics, co-dependency, drug and alcohol abuse, men’s recovery issues, and depression.

He was born in Belfast, Northern Ireland and now resides in Coeur d’Alene, Idaho.

He is the Executive Director of The AMEND Center, the only men’s education and treatment center in the State of Idaho.

Chris Hutchinson, Chief Executive Officer for **Self-Discovery**, has over 38 years in business management, human resources, accounting, computer sciences, and paralegal experience.

Workshop participants have come from all over the United States, Canada and Virgin Islands.



**S**elf-Discovery is pleased to announce a three-day personal experience seminar in improving personal, family and marital relationships for those who seek and are sincere about making a personal commitment to change in their lives.

- **Discover** how to have a one-on-one discussion with others and not just listen but hear each other.
- **Discover** how what you believe effects how you experience life and relationships.
- **Discover** what anger really is and how to stop it before it harms your most valued relationships.
- **Discover** the true meaning of intimacy with your spouse, children, parents and siblings.
- **Discover** ways to untangle and deal with dysfunctional family systems.
- **Discover** the tools necessary to work with your children, spouse and family members to create more satisfactory relationships.
- **Discover** how personality differences between you and your loved ones are valuable and desirable in a quality relationship.