

present

When Anxiety Holds You Back



Those of us who are anxious often feel compelled to keep what we are afraid of a secret. This secret festers and causes us to become even more anxious. The more we avoid, the more anxious we become. Have you ever put off a telephone call to find that it gets harder and harder to make that call?

In this workshop we will explore the nature of anxiety and help participants learn how to overcome this shame.

Saturday, January 30th 2010
9am – 12pm

17100 Gillette
Irvine, CA 92614

Cost: \$40

* No one will be turned away for lack of funds. If there is any financial hardship to pay, please contact us.

Mac Eaton, PhD. is a psychologist in private practice in Del Mar and Redlands, California. He taught on the faculty at CSU San Bernadino for over 10 years where he helped create the Masters' program in Counseling. Mac's approach to his work emphasizes the priority of relationship and the power of bodywork.

He has been practicing psychotherapy for forty years, has trained several generations of psychotherapists and been keynote speaker at two conferences.

For more information, visit livingubuntu.org/events

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MAIL-IN REGISTRATION FORM

(One Form per Attendee—Please Print Legibly)

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Organization: _____ Email: _____

Mac Eaton Workshop, \$40 (Saturday, January 30th 2010)

3 CEUs for LMFT or LCSW, \$10
(SCIBA provider #4025)

Payment Method:

Credit Card # _____ **Exp. Date:** _____
(all major cards accepted)

Check enclosed payable to: **Living Ubuntu**

Signature: _____ **Total Due: \$** _____



For more information (and to register online) visit <http://livingubuntu.org/events> or call (949) 891-2005.

Seating for this event is limited, please register early. Add \$10 for registration after January 22nd. Subject to availability. Fees are refundable less \$10 processing fee, if written request received by January 16, 2010.

Mail registration to: Living Ubuntu, 1151 Dove Street #210, Newport Beach, CA 92660
Registration must be postmarked by January 16, 2010.