



# Codependency: Defense Mechanisms that Drive our Lovers Away!



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A Fundraiser for the Marina Dock  
2118 Greenwich Street/San Francisco

A Presentation by

**Lila Caffery, M.A., CCHT,**  
Saturday, September 30th, 2006  
3:15 - 5 PM, East Room

*We want to draw people to us by being charming, loving, considerate, useful. We defend ourselves against our fears of being rejected by putting up walls that rather than make us safe, make us lonely and isolated or overworked and mistreated. One system of defenses is the Enneagram, a psychological typing system that helps us see what we do to keep our lovers away! Today we can find out how to lower our defenses to let them come in and play!*

*Codependents have some special defenses that they have developed over time that have worked well but at a terrible cost. Let's stop paying that price and begin to play our real hand, the one our Higher Power gave us. We are worth more than we think. Let's do a few exercises to see how different it feels to let go and let God!*

***Suggested Donation:\$15:00***

***No one turned away for lack of funds***

**(415) 337-9474 or (415) 567 1775**

**InnerChildHealing.com**



**Lila Caffery, M. A., CCHT** is an experienced family therapy consultant and Certified Clinical Hypnotherapist. A graduate of Murray Bowen's Family Systems and Jay Haley's Strategic Therapy programs, she is also a trained family dramatist (Satir Method) and a graduate of the Palo Alto School of Hypnotherapy. Her private work in San Francisco and Belmont, as well as her retreats (Jesuit Retreat House) and workshops, center on the spiritual renewal of the Inner Child from the damaging self beliefs formed in abusive and neglectful families. She specializes in addiction counseling and has an outreach to addicts and prisoners in recovery. She presents her work at Mandana House in Oakland where her next Inner Child Workshop will be held, Oct. 6-8, and at CODA conventions.