



Save the Date
Annual Tennessee Caduceus Retreat
June 19-21, 2009

Montgomery Bell State Park
1020 Jackson Hill Road
Burns, Tennessee 37209
1-800-250-8613

Each June, recovering health professionals and their families throughout the state of Tennessee gather together for a weekend of sharing, renewing, and learning. **All physicians currently under contract with the Tennessee Medical Foundation's (TMF) Physicians Health Program (PHP) are REQUIRED to attend the annual Tennessee Caduceus Retreat.**

Each retreat revolves around a recovery theme. This year's theme is "A Day in the Recovery Zone" presented by Patrick J. Carnes, Ph.D. Dr. Carnes is a nationally-known speaker on addiction and recovery issues and well-known author. Dr. Carnes is currently the Executive Director of the Gentle Path program at Pine Grove Behavioral Center in Hattiesburg, Mississippi. He is the primary architect of Gentle Path treatment programs for the treatment of sexual and addictive disorders. Dr. Carnes also pioneered the founding of the Certified Sex Addiction Therapist program.

"A Day in the Recovery Zone" program will address the leading challenge for addiction recovery: not just establishing sobriety but maintaining it. This workshop is built on the key ingredients to successful recovery that have been proven to work. Organized around the metaphor of a "Decision Table", participants will be able to look at a vision of how to take recovery to the next level. Dr. Carnes is known for his ability to weave Twelve Steps, good science and warm humor into his presentations. Useful, rewarding and fun. Learning objectives include:

- ✓ Motivation to come to your own assistance.
- ✓ Establishing a "zone" for recovery.
- ✓ The role of addiction interaction.
- ✓ The internal task of restructuring of relationship self-abuse, shame and grief.
- ✓ The external task of creating a recovery system: work, finances, family and physical well-being.

Registration will begin Friday evening from 2:00-7:00 p.m. with the Newcomer's Meeting starting at 7:00 p.m. The registration is \$90 per person for the whole weekend. **Food and lodging expenses are not included in the registration. You may make lodging reservations between now and May 31st by calling Montgomery Bell.**

The Montgomery Bell Lodge phone number is: 615-797-3101. The toll free number is: 1-800-250-8613. Our group number is: 3715

Call now to make your room reservations. This will be a powerful weekend full of learning, renewing, and sharing. **Don't miss it; register today!**