



Williamsburg Place Lecture Series **Marty Lerner, Ph.D.**

Constructive Living: Eastern Philosophy Meets 12-Step Recovery

FRIDAY, October 27, 2017 / 9:00–11:00 am / 2 CEUs / No charge

Register at FarleyCenter.com/wpls

Marty Lerner, Ph.D.

CEO, Milestones in Recovery
Cooper City, Florida

The workshop will be held at

The Pavilion at Williamsburg Place
5483 Mooretown Road
Williamsburg, VA 23188

OVERVIEW

Should one study the history of Alcoholics Anonymous and the evolution of the many self-help programs to follow, their roots in Judeo-Christian and Eastern philosophies become apparent. Tailored specifically as a prescription for alcoholics in 1939 by “The Original 100,” AA has remained a centerpiece among self-help organizations to this day.

“Constructive Living” (CL) is a term coined by David Reynolds, Ph.D., who serves today as a professor of psychiatry at Stanford Medical School. An anthropologist by trade, Reynolds lived and studied Eastern philosophies as they relate to the practice of psychiatry and psychology in Japan for more than two decades. The synthesis of two types of treatment, Naikan and Morita Therapies, CL is considered the Western version of these approaches. Specialized training has been offered to professionals and non-professionals alike since 1984 in the service of teaching and practicing this lifeway.

This lecture will explain this philosophy and how it serves as a way to integrate the principles within a 12-Step recovery program. The ability to “read between the lines” with respect to the principles and disciplines suggested by CL may serve to augment, strengthen, and sustain those practiced in the “suggested program of recovery” offered by AA.

PRESENTATION OBJECTIVES

From this workshop, participants will learn that:

- *Feelings are uncontrollable directly by self-will.*
- *Feelings must be recognized and accepted as they are.*
- *Every feeling, no matter how unpleasant, has a purpose.*
- *Feelings change over time unless re-stimulated.*
- *Feelings and thoughts can be indirectly influenced by behavior.*
- *We are responsible for what we do no matter how we feel.*

ABOUT THE SPEAKERS

Dr. Lerner is the founder and CEO of the Milestones in Recovery’s Eating Disorder Program located in Cooper City, Florida. A graduate of Nova Southeastern University, Dr. Lerner is a licensed and board-certified clinical psychologist who has specialized in the treatment of eating disorders since 1980. He has appeared on numerous national television and radio programs that include *The NPR Report, 20/20, Discovery Health*, and ABC’s *Nightline*, and has authored several publications related to eating disorders in the professional literature, national magazines, and newspapers including *USA Today, The Wall Street Journal, The New York Times, Miami Herald, Orlando Sentinel*, and *Hollywood Sun Sentinel*. An active member of the professional community here in South Florida since finishing his training, Dr. Lerner makes his home in Davie with his wife Michele, daughters Janelle and Danielle, and their dog, Reggie.