

Presentation/Workshop at 2007 WSC on *Opening Our Hearts, Transforming Our Losses (B-29)*

Purpose:

To assist Conference members in stimulating interest from the fellowship in exploring the topic of alcoholism and loss by using the new book, *Opening Our Hearts, Transforming Our Lives* (B-29).

Introduction:

Moderator explains that the book is one tool to help assist members in discussing how Al-Anon tools can help with the losses that accompany alcoholism. An abbreviated “Workshop on Wheels” shows one way to present a workshop on this topic, using one of the nine chapters of the book as a starting point for discussion. Conference members will receive a complete workshop format handout at the end of the session

“Workshop on Wheels” Agenda:

- I. Moderator introduces the subject, “Living with the Family Disease of Alcoholism” (the title of Chapter Two in the book), including a brief reading from that chapter
- II. One member gives a five minute personal sharing on how he or she has used the program to deal with personal losses accompanying alcoholism
- III. Moderator presents one or two questions for discussion from the end of Chapter Two of the book
- IV. Ten minute sample roundtable discussion of questions among five pre-selected members
- V. Summary by Moderator, explaining that this sample could be expanded, depending on time limitations, to include further table discussions among all attendees of the workshop