

# Attend the 22nd Annual ACA Convention!

November 7-9, 2008



Crowne Plaza Hotel  
1500 South Raymond Avenue  
Fullerton, CA

## "Becoming Your Own Loving Parent"



The Annual Adult Children of Alcoholics (ACA) International Convention is one of the largest gatherings of ACA's in the world. The Convention is known for attracting widely-recognized experts in the field of recovery and adult child issues.

This year's Convention includes great workshops, entertainment, different types of ACA meetings, games, a 12 Step bookstore, and opportunities to interact with ACA's from all over!

**Hotel reservations** can be made directly with the Crowne Plaza at 1-714-6359000. ACA Convention attendees qualify for a discounted rate of \$109 per night per room, \$119 with one breakfast only, additional breakfasts are \$10 per person. *Note: Discounted rate expires on 10/9*

**Registration is only \$75.00** (\$85 at the door)

Meals for attendees can be preordered. Meals **are not** available at the door. Fast food and dine-in restaurants are nearby.

To **register by mail**, mail a registration form with your check payable to "ACA Convention" to PO Box 6073, San Pedro, CA 90274, USA. U.S. funds only, please.

**NEW!!** Save a stamp! **Register online** at [www.acaconvention.org](http://www.acaconvention.org)  
Payment for on-line registrations can be handled through PayPal.



Keynote Speaker  
Dr. Lucia  
Capacchione

### Keynote Workshop: Recovering Our Inner Child through Inner Family Work

In this workshop we meet our Inner Family and develop a Nurturing and a Protective Parent within to care for the Inner Child. We embrace all of our feelings and needs and become our own loving parent. Exercises include: Drawing out Your Inner Child, Love Letter to the Inner Child, and Calling Upon the Protective Parent.

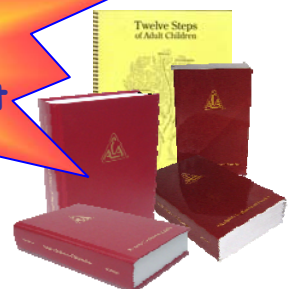
### Keynote Address: Reparenting Our Selves: Renegotiating with the Inner Critical Parent

Self-acceptance gained through Inner Family work relieves us from the burden of perfectionism and the need to rescue and protect the Inner Child in others. Exercises include: Getting in Touch with Feelings, Meet Your Critical Parent, and Embracing Your Inner Brat.

### Closing Address: Getting Off the Teeter Totter

Practicing self-care through Inner Family work removes expectations from others to be the loving and protective parents we never had. We will identify power imbalances in current relationships and learn how to get off the teeter totter in which one person assumes a parental role and the other a child role.

**ACA Meetings,  
Fun Workshops,  
Great Entertainment  
& More !**



ACA Big Red Books and  
12 Step Workbooks Available

# Completing the Circle in the Cycle of Violence: Covert and Overt Victims and Victimizers

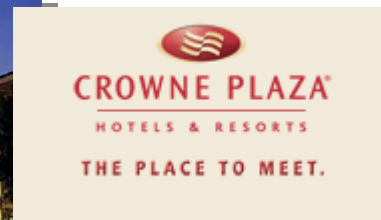
a workshop with Don C.



The ninth characteristic of the "Laundry List" says ACAs confuse love with pity. Not only do we confuse love with pity, in this workshop we will see how ACAs confuse love with violence and punish those we "pity" and can "rescue".

Traumatized children are pushed to the point of exhaustion and collapse as part of the family's "bop 'til you drop" scenario. The focus of the workshop will be on examining all of the obvious and hidden ways this can happen. We will then explore how The Twelve Steps can be used to uncover and reverse this process of "group intoxication" that we internalized as children and keep acting out as adults.

Saturday morning -  
**Chapter 8 Discussion**  
 With DOW & friends



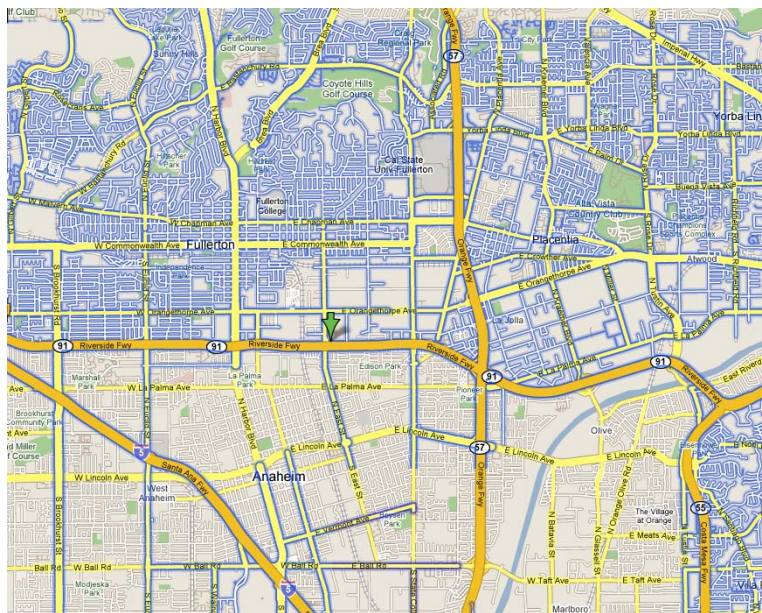
### Driving Directions:

**From South:** 5 north to the 57 north to the 91 west. Exit Raymond, the hotel is on the right hand side.

**From North:** 57 south to the 91 west. Exit Raymond, the hotel is on the right hand side.

**From West:** Take the 105 east to the 605 south to the 91 east. Exit Raymond and make a left. The hotel is on the right hand side.

**From East:** 10 west to the 57 south to the 91 west. Exit Raymond, the hotel is on the right hand side.



### 2008 ACA Convention Registration form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip or Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Check one:  Full weekend registration only (\$75)  
 Saturday registration only (\$50)  
 Sunday registration only (\$25)

Saturday meals (\$65)  
 Sunday meals (\$20)

VEGETARIAN meals

Survey: Would you buy an Event tee shirt for \$15?

|                          |   |                          |   |                          |   |                          |    |                          |         |
|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|----|--------------------------|---------|
| <input type="checkbox"/> | S | <input type="checkbox"/> | M | <input type="checkbox"/> | L | <input type="checkbox"/> | XL | <input type="checkbox"/> | XX<br>L |
|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|----|--------------------------|---------|

Meals cannot be purchased at the door.

How did you hear about the Convention?: \_\_\_\_\_

| Ride Share - Check One   |                   |
|--------------------------|-------------------|
| <input type="checkbox"/> | I need a ride     |
| <input type="checkbox"/> | I can give a ride |

Mail a registration form with your check payable to "ACA Convention" to PO Box 6073, San Pedro, CA 90274, USA. U.S. funds only, please. There is a 30-day cancellation policy. You may cancel your reservation anytime before midnight on Oct 7, 2008. Due to commitments that must be made to secure convention facilities, we cannot recover funds after this time so we are unable to offer reimbursement after the above mentioned time.