

# Helping the Healers Heal

## A Professional Development Workshop with Mark Lundholm

January 23, 2026 - 1:00pm - 3:00pm  
Great Falls College - MSU: Heritage Hall  
2100 16<sup>th</sup> Ave S.

Cost: FREE

Earn 2 Continuing Education Units or OPI  
Professional Development Units

### Why Attend?

This dynamic workshop is designed for professionals who care for others - and need care themselves. Mark Lundholm brings humor, insight, and practical tools to help you stay healthy, ethical, and effective in your work.

### Workshop Objectives:

- **Healthy Boundaries:** Practice ethical professionalism while caring for yourself
- **Beyond 12-Step:** Explore multiple paths to client self-care
- **Relapse Prevention:** Learn new tools for lasting recovery
- **Reduce Shame & Blame:** Original exercises to empower clients
- **Forgiveness as Freedom:** Shift from “It’s my fault” to “What’s my part?”
- **Daily Recovery Tools:** Simple strategies for complex challenges
- **Emotional Checkpoints:** “Grateful never relapses” and other guiding principles
- **Reintegration Skills:** Navigate family, friends, and society with confidence

**Speaker: *Mark Lundholm*** - Internationally recognized comedian and recovery advocate



Hosted by:  
Unshackling Chains  
Substance Abuse & Addiction Counseling  
Student Organization  
Great Fall College - MSU

**Register Now:**



Questions? Contact Teresa Mouser 406-590-1550