

MEN'S GROUP SEXUAL AND RELATIONSHIP RECOVERY, Part II

Facilitated by Michele Day, LCSW, CSAT this group will address sex addiction and recovery.

By participating in this group, you will learn how to:

- Make sense of your own sexual history
- Develop empathy for you, your partner and others
- Engage and learn from your inner child
- Distinguish needs from wants
- Explore your family of origin history
- Face unmanageability
- Understand guilt, shame and your distorted sense of self
- Identify and hone resiliency skills
- Develop intimacy skills
- Live a balanced lifestyle
- Distinguish how addictive behaviors build and support each other
- Avoid relapse

Beginning September 7, 2022 this psycho-educational, task-oriented group will meet every Wednesday from 6:30 pm to 8:00 pm for 12 weeks via Zoom and in-person sessions. The goal of group is to utilize your recovery tools to remain sober from your sexual acting out behaviors and to develop a better understanding of you, your addiction and what your life looks without it.

All members must: commit to attending a minimum of 10 of the 12 sessions, be on-time to group, be willing to be on-camera during group, complete homework assignments, participate and share in discussion.

Each group member must purchase *The Recovery Zone, Volume 1* by Patrick Carnes, Ph.D.

This is a small group with no more than eight male members. Each group member must currently be working with a CSAT.

Cost is \$720.00 for the 12-week session.

Please contact Michele via telephone or email (Michele@CCSWLtd.com) to schedule an intake.

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