

MENS GROUP SEXUAL AND RELATIONSHIP RECOVERY, Part II

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

By participating in this group, you will learn to:

- Make sense of your own sexual history
- Share your trauma history and narrative
- Understand your behaviors (chaos)
- Explore your family of origin history
- Face unmanageability
- Access resources and support
- Define toxic versus healthy shame
- Identify and hone resiliency skills
- Develop intimacy skills
- Live a balanced lifestyle
- How addictive behaviors build and support each other
- Avoid relapse

Beginning January 18, 2023 this psycho-educational, task-oriented group will meet every Wednesday from 6:30 pm to 8:00 pm for 12 weeks via Zoom (meeting in-person is also an option). The goal of group is to become sober and remain sober from your sexual acting out behaviors by utilizing the fundamentals of recovery.

All members must be willing to be on camera during group and participate in discussion.

When homework is assigned each member is expected to complete the assignments and share in discussion. Each group member must purchase Facing The Shadow, Third Edition by Patrick Carnes, Ph.D.

This is a small group with no more than eight male members.

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

Each group member must currently be working with a CSAT.

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

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