

Has your world been turned upside down  
in a whirlwind of betrayal, anger  
and confusion?

## Establishing a Recovery Plan and Exploring Healing

A closed, five month therapy group for women whose partners are in recovery from sexual addiction or sexual compulsivity.

The addict is often the focus of treatment and the partner's pain is often overlooked or seen as secondary. This group is an opportunity for partners to get the support they need in a safe and caring environment. It is a time to look at the issues that you bring to the table so that you can learn from this painful experience.

Call for dates.

## This experiential group will focus on the following;

1. Breaking through denial
2. Understanding a common set of behavioural issues;  
Denial, preoccupation, enabling, rescuing, taking excessive responsibility, emotional turmoil, efforts to control, compromise of self, anger and sexual issues.
3. Surrendering to the process ... what does recovery look like?
4. Understanding the link with co-dependency
5. Defining and establishing a recovery plan
6. Participating in a culture of support

### *Required Readings:*

*Mending a Shattered Heart: A Guide for partners of Sex Addicts*, edited by Stephanie Carnes.

This 5 month therapy group is experiential and psycho-educational and designed to facilitate change in the lives of those whose partners struggle with sexual addiction/compulsivity. Group therapy is a powerful tool for supporting change. The sharing of one's story with the group is empowering for all.

### *Workshop Fee:*

\$265 per month plus GST (3 Saturday morning sessions per month)

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Debi Hartwell, M.A., C.C.C.  
Certified Canadian Counsellor #1464,  
Certified Sex Addiction Therapist  
Certified Multi Addiction Therapist

The philosophy of Debi's work is to practice therapy from a holistic perspective: body, mind and spirit.

Her goal is to support personal growth by facilitating mindful connection to self and others.

Her strong dedication to helping people change comes from 21 years in recovery and the fulfillment of many personal and professional goals. She treats adolescents, adults and families as individuals, couples and in groups and provides specialized care in the treatment of addictions both behavioural and substance with a focus on the resolution of trauma.

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