

Women's Support Group: Healing from Sexual Betrayal



MN Counseling and Couples Center is offering a support group for women as they journey toward healing from sexual betrayal. The group will be lead by a licensed therapist who specializes in sexual addictions and sexual betrayal, along with the guidance of a Christian focused, clinically relevant and specialized curriculum. This group is for any woman who has experienced sexual betrayal in their marriage or partnership. The curriculum is focused on healing from the betrayal of sexual addiction, however the principles apply to any sexual betrayal.

This group will offer:

- Emotional support through your healing journey
- Education regarding the nature of sexual addictions/betrayal
- Guidance and support as you work through:
 - Shame
 - Assessing Trauma /Managing Crisis
 - Dynamics of Healthy and Unhealthy Relationships
 - Healthy Boundaries
 - Facing Grief and Anger
 - Communicating Feelings
 - Healing and Forgiveness
 - Exploring Closeness and Intimacy
 - Individual or Couples Counseling *

The group will meet for two hours on a biweekly basis for a total of 10 (2 hour) sessions. *We highly recommended working with a therapist for individual and/or couples counseling, as an adjunct to the healing group. This structure allows for private counseling between sessions. There will be a minimum of 4 participants to conduct the group. The cost is \$50/hour, plus an additional one-time fee of \$50 for materials, which includes a workbook, journal and book of stories for women. The fees would not be covered by your health insurance, however we do accept health savings/flex savings cards for payment and health insurance reimbursement may be available depending upon your benefit plan.

All participants must register for the group. Please contact our office to get details regarding dates, times and location of our upcoming groups, or to schedule individual or couples counseling at: 763-400-7475.