

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. We will be using a Christian focused curriculum in addition to the guidance, research and teachings of Patrick Carnes and Douglas Braun-Harvey, two experts in the treatment and healing of compulsive sexual behaviors. This group is for any woman in search of healing from sexual betrayal in their marriage or partnership.

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
 - Nature of Sexual Addiction
 - Healthy Boundaries
 - Facing Grief and Anger
 - Communicating Feelings
 - Healing and Forgiveness
 - Exploring Closeness and Intimacy
- Individual or Couples Counseling *

This group will meet for 10 weeks for 1.5 hours each week. Dates, times and locations will vary. The cost is \$50.00 per hour plus an additional one-time fee of \$50.00 for materials, which includes a workbook, journal and book of stories for women. We ask that you submit payment at the time of registration. The cost for the group is not covered by health insurance. However, we accept health/flex savings cards for payment and individual health insurance reimbursement may be available depending upon your benefit plan.*We highly recommended completing an individual counseling session with the facilitating therapist, prior to the start of the group. The individual session will allow you to meet the therapist, provide an introduction on what to expect and to share your specific goals for participation. Individual counseling may be covered by your health insurance.

Please contact our office for more information or
to register for an upcoming group at: 763-400-7475.