

# HELP. HER. HEAL

## Virtual Workshop

Registrants are required to have completed the Help Her Heal Online Course which can be found at:

[www.sexhelpwithcarolthecoach.com](http://www.sexhelpwithcarolthecoach.com)

This will teach the fundamentals you need before attending the workshop.

An Empathy Workbook for Sex Addicts to Help Their Partners Heal

HELP.HER. HEAL

Carol Juergensen Sheets LCSW, CSAT, CCS, PCC  
with Allan J. KATZ LIC, CSAT

This virtual 3-hour workshop will be available to both sex addicts and partners on

**JULY 18**

10 AM - 1 PM EST

**The workshop is \$129.00**

**In This Course, Coach Carol will go over the basic concepts from Help. Her. Heal. An Empathy Workbook for the Sex Addict to Help His Partner Heal.**



### This Course Will Help You:

- Identify When and How to Use Empathy by "Using the 5 A's"
- Understand Your Feelings so You Can Recognize Your Partner's
- Utilize the Trigger Busters Method to Assist Your Partner in Decreasing Triggers
- Learn AVR - The Empathy Formula that Will Assist in Building Back her Trust
- Learn Communication Patterns and Strategies to Enhance Understanding and Listening Skills
- Teach Connection Shares - Check-Ins that Promote Trust, Appreciation, and Open Communication
- Access Conflict Strategies that will Acknowledge the Damage and Keep the Addict Out of the Shame Cycle
- Open Question and Answer Session at the End of the Workshop

Register by following the prompts under the workshop tab at:  
[www.sexhelpwithcarolthecoach.com](http://www.sexhelpwithcarolthecoach.com)