

# Women's Support Group: Healing from Sexual Betrayal

[MN Counseling and Couples Center](#) offers a 10-week 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 proven curriculum developed by [Pure Desire Ministries](#). This group is for any woman who has experienced sexual betrayal in their marriage/partnership. The curriculum discusses 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
  - Dynamics of Healthy and Unhealthy Relationships
  - Healthy Boundaries
  - Facing Grief and Anger
  - Healing and Forgiveness
  - Exploring Closeness and Intimacy
  - Individual or Couples Counseling \*

The group will meet on the second and fourth Monday evening of each month, from 6pm-8pm at our Edina office: 5780 Lincoln Dr. #220, Edina MN 55436. The cost is \$50/hour. There is an additional one-time fee of \$50 for materials, which includes a workbook, journal and book of stories for women. The cost of the program is not covered by health insurance, however we accept health/flex savings cards for payment. Also, health insurance reimbursement may be available; depending upon your benefit plan. There will be a minimum of 4 participants to conduct the group.

*\* We highly recommended working with a therapist for individual and/or couples counseling, as an adjunct to the healing group. The group meets every other week to allow for private counseling. Individual/couples counseling may be covered by health insurance.*

Contact our office with questions, to register for this support group, or for individual or couples counseling at: 763-400-7475.