

STARTING SEXUAL AND RELATIONSHIP RECOVERY

Starting Sexual and Relationship Recovery (SSARR) is a weekly treatment group for men beginning their journey of change from unhealthy toward healthy expressions of their sexuality. Some participants may define themselves as recovering *sex addicts*. Some participants may describe their pattern of behaviors as *compulsive*, while others may not view themselves as being compulsive or addicted, yet acknowledge having engaged in a *pattern* of unhealthy sexual and relationship behaviors, and recognize that their behaviors have caused significant problems in their lives and in the lives of significant others.

A landmark study of the recoveries of a thousand people showed that, if they completed certain tasks or activities, they got well, and that, conversely, if they did not complete these core tasks, relapse was likely.* Group participants will complete core therapeutic tasks and will participate in therapeutic experiences designed to facilitate profound changes in their lives, launching them on their journey of recovery.

Mondays, 6-8 p.m., at Wichita West location
Wednesdays, 11 a.m.-1 p.m., at Newton location
Facilitated by Gail Unruh-Revel, LCSW

Average length of treatment is estimated to be ten to twenty months.
Cost: Group Therapy Rate of \$45.00 per hour
Can be submitted to insurance.

If you have any questions, please call Gail at 800-362-0180.

***Don't Call It Love: Recovery From Sexual Addiction** by Patrick Carnes, Ph.D.