

Coupleship Recovery

A Workshop and Retreat for Couples
Recovering from Sexual Addiction
3-Day Intensive Educational & Experiential Workshop
Friday Evening through Sunday Afternoon

Sexual Addiction and Compulsivity is a progressive disease that consumes lives, demolishes relationships, and robs addicts and their partners of self-respect and wholeness. It is also a family disease. In recovery people recognize that both partners have been part of the problem and both contribute to the recovery process, individually and together. Couples who work through individual issues and develop better and healthier relationship and intimacy skills do well in recovery.

This workshop is designed to promote change in the lives of sexually addicted men and their partners and to assist couples seeking a path of growth and healing. This workshop allows couples to explore the cycles of addiction and codependence and helps couples to understand the dynamics of their relationship prior to recovery and guides them toward making healthy changes for continued growth. It includes tools for recovery of emotional, spiritual, and sexual wholeness.

Who Will Benefit from this Workshop

Those who will benefit from this workshop include couples relatively new to recovery and those who have been in recovery for a while, and are ready to move forward on their path of growth and healing. Couples may have completed much individual work, but wish to begin the work of relationship healing. Couples who have negotiated the initial stages of recovery can strengthen previously acquired skills to develop an even healthier relationship and greater intimacy. All couples benefit by reducing the anger, fear, and lack of trust threatening their relationship recovery.

How this Workshop Can Help Recovering Couples

While there is no quick fix for couples struggling with the double barreled problems of sex addiction and codependence, this three day intensive workshop is an introduction. Couples committed to rebuilding their relationship will "jump start" their recovery.

Couples who attend will:

- gain insight and self-awareness
- learn to change painful and destructive patterns
- learn skills for creating greater intimacy
- grow in mutual understanding
- progress in recovery as a couple

This workshop is based on the latest research by leaders and practitioners in the field of sexual addiction/compulsivity and codependence.

Workshop Topics Include:

- The Origins of Sex Addiction
- The Origins of Codependence
- Mistrust, Anger, Fear
- Barriers to Intimacy
- Empathy & Understanding
- Long-Term Couples Recovery Plan
- Healthy Sexuality
- Communication & Problem Solving
- Principles of Healthy Disclosure
- Principles of Recovery

This workshop is co facilitated by **Cynthia Schiebel**, M.Ed., LPC, LCDC and **Michael Johnson**, Ph.D. Cynthia is a licensed professional counselor specializing in treating codependence and addiction. Michael is a licensed psychologist who specializes in treating sexual addiction.

August 27 –29, 2010

December 3-5, 2010

**Enrollment limited to
six couples**

For workshop details visit
www.sexual-addict.com and follow the
link to Workshops for Couples

For enrollment or further information please call 512 928 4357,
email doctor@sexual-addict.com,
or visit www.sexual-addict.com/workshops-Couples.htm.

Tuition is \$850 per couple. Room and meals are not included.

