



"The light shines in the darkness but the darkness has not understood it"

FAQ's

"How is Bright Hearts group therapy distinct from 12 step sex addiction recovery work?"

Group therapy allows compatible, therapeutically-chosen and pre-screened individuals to engage in **"permissioned cross-talk"** in order to connect with each other's life story and build new levels of trust that carry over outside of the group setting. Via the oversight of the facilitating therapist, the synergy of a shared vision & common mission empowers and leverages real change as compassionate confrontation ignites authentic "moments of truth" where resistance abates and long-term change can be introduced and embraced.

Who We Are



Jeff VanZant began counseling professionally in 1993 co-facilitating men's recovery groups for domestic violence and anger management. He has worked as a campus minister at the Universities of Kansas and Washington, as a project manager with Boeing, and has launched multiple senior care homes under the mantle *Tender Care Cottage* where he served as owner/director and treatment planning coordinator. Jeff now counsels fulltime in the areas of sexual addiction, anger, ADHD, and relationship issues.

Contact Us: 168th & Hwy 99
Phone: (206) 679-4321
Email: info@brighthearts.com
Web: www.brighthearts.com

Bright Hearts Counseling

Jeff VanZant, M.A., LMHC
Certified Sex Addiction Therapist
16825 48th Ave. W. Suite 202, Bx 30
Lynnwood, WA 98037



BRIGHT HEARTS COUNSELING

"Why are Groups the Preferred Modality for Sexual Addiction Outpatient Treatment?"



What is “sexual addiction outpatient treatment”?

The Process

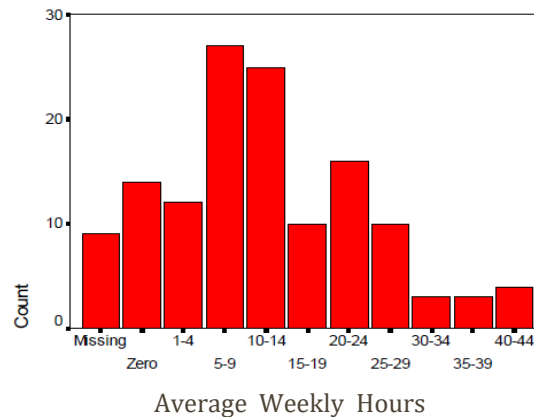
Clients receive a battery of short, medium, and very comprehensive questionnaires designed to quickly **assess and target high risk behaviors** and thinking. Sexual “acting out” cycles and other trauma coping responses are revealed. Next, a personally customized & mutually negotiated treatment plan aligns “best practices” treatment interventions to Patrick Carnes’ first 13 tasks of SA recovery. Finally, milestone and completion progress is regularly monitored so that informed adjustments can be made as needed.

The Playbook

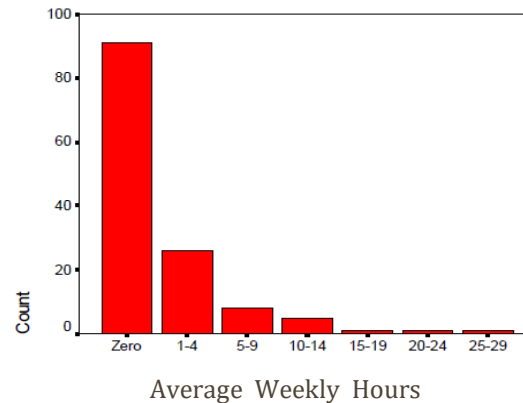
Bright Hearts uses two of the “gold standards” for recovery workbooks: “Facing The Shadows” and “Recovery Zone”, both by Patrick Carnes.



Average hours ***each week*** spent in cybersex before entering recovery/treatment



Average hours ***each week*** spent in cybersex since entering recovery/treatment



Are you ready to help yourself or someone you know get the professional care they truly need?



A large media conference room, a cozy fireplace meeting room, and a flexible-seating classroom accommodate a variety of teaching and training formats including:

- ✓ **SA recovery groups** ... weekly phase 1 & 2 cohorts year-round
- ✓ **Quarterly workshops** ... anger management, boundaries, divorce recovery, etc.
- ✓ **Small “huddles”** ... during the summer and holiday breaks
- ✓ **Weekend “Intensives”** ... to jump start recovery by “front loading” assessments and key concepts in a shortened time frame