



## FAQ's

### **“Isn't divorce best healed via time alone and some candid self-reflection?”**

No. Many divorcing individuals are blinded by strong emotions at key junctures in the process and fail to exercise healthy options for the long run. Fear, anger, sadness, and desperation can cause some to adopt *extreme postures and fatalistic or toxic mindsets* that can scar the individual (and their families) for years to come. Rebuilding materials, instead, bring awareness to these key junctures so that negative emotion, codependency, naiveté, or a status quo mindset won't over-ride rational and therapeutic measures for healing and future well-being.

## 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.

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### **Bright Hearts Counseling**

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**BRIGHT  
HEARTS  
COUNSELING**

*DIVORCE  
RECOVERY  
FOR MEN*



## What is a “Rebuilding Workshop & Support Group” for Men?

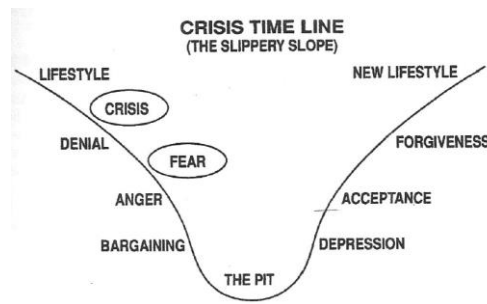
Men in various stages of separation or divorce gather weekly to share their relationship journey and discuss one or two key “building blocks” for making a fresh start. Via *brief readings, simple exercises, and a targeted discussion guide* guys constructively share chapters from their own story and rediscover their authentic voice.

## What are the advantages of a group setting?

As participants hear experiences and challenges similar to their own the bonds of trust and mutual respect are soon created. Now past relationship choices and patterns can be understood through *the lens of increased self-awareness* and greater truth. Men learn to practice honesty, self-disclosure, and healthy attachment and can find hope and grace to move forward with their lives.



Where are you on the divorce crisis timeline?



## DIVORCE FACTS

- Just under a million people will experience divorce this year
- Average age of 1<sup>st</sup> divorce is 30
- Only 29% of custodial fathers receive a divorce award compared to 79% of custodial mothers
- Cohabiting before marriage increases divorce chance by as much as 40%
- Washington is a “no fault” state regarding divorce

Whether in a support group OR individual therapy, real help is a phone call away: (206) 679-4321

“For many people divorce is a broken experience, and before they can go on with their lives, they need to pick up the pieces.”

Virginia M. Satir, MSW

The “Rebuilding” material helps divorcing guys work through 10 critical building blocks as they move forward:

- Shock & Denial
- Healthy Adaptation
- Grief & Loneliness
- Anger & Letting Go
- Self-worth
- Transition & Forgiveness
- Openness & Trust
- Friendship & Love
- Singleness
- Freedom & Purpose

