



FAQ's

“Isn't marriage counseling the logical next step if betrayal has occurred?”

Many today (including a number of therapists) assume that a sexual disconnect is a “couple's problem” and attempt couple's therapy before learning that a pattern of compulsive sexual behavior often reaches back to early development and sometimes has been in place so long that all self or spouse-initiated attempts to mandate change will inevitably fail in the long run. However, a couple can find **a trail of hope** if they walk the pre-traveled path of others via intentional couple check-ins, shame reduction experiences, regular accountability, and structured transparency.

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@brighthouse.com

Web: www.brighthouse.com

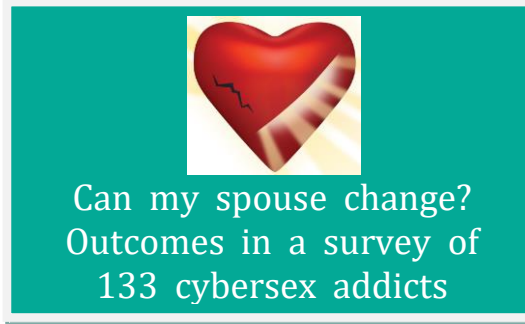
Bright Hearts Counseling

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



BRIGHT HEARTS COUNSELING

“How is reconciliation possible if trust has been broken? ... You must first deal with the elephant in the corner of the room ”



Real reconciliation requires an “amends” ... not simply an overused apology.

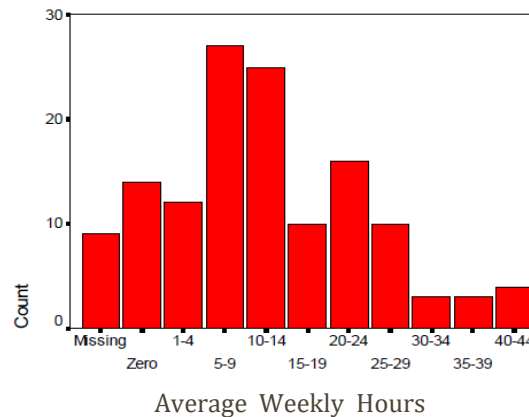
What is “therapeutic full disclosure”?

The Process

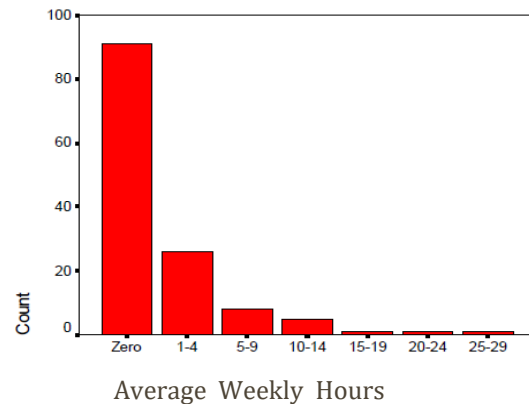
After a sexual or emotional trust breach a couple will sometimes experience the pain and shock of an unplanned “discovery”. Other times a partner will come forward with **an ad hoc or partial admission of trust breaking behavior** in an attempt to mitigate their own wounded conscience or the partner’s inevitable and growing suspicion. In both cases reactivity, “half-truths”, and minimization can derail any and all attempts to reconcile.

However, trust can be restored when mandatory actions help validate and corroborate well-intended words over time. Frequent and vigorous honesty and transparency function as a “rehearsal” for a future **“letter of responsibility”** which can move a couple past terminated behaviors and into a new beginning. Over 90% of couples looking back advocate therapeutic disclosure.

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



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



How can trust be sustained once regained?

By validating your partner across Sharod Miller’s *seven dimensions* of a collaborative relationship:

- ✓ Committing ... to a partnership
- ✓ Caring ... for self/others
- ✓ Considering ... life’s concerns
- ✓ Communicating ... with skill’
- ✓ Cooperating ... to resolve
- ✓ Celebrating ... life together
- ✓ Contributing ... to life around us.

