



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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FAQ's

“What will we learn in the “What is Cybersex Addiction and is It Treatable” presentation?”

Cybersex is a multi-media experience encompassing at least 10 different forms of sexual behavior

Cybersex addiction: 10 identifiable indicators you must learn to spot

What causes some to be addicted & how, when, and why are they triggered to seek sex?

Why & how this behavior damages addicts & their spouses so drastically

What's the “sex positive movement” and how is it masking addiction?

Is seeing more women turn to porn a true cultural endorsement?

Are there unique risks to women?

What are the consequences of global normalization of porn?

Can cybersex addicts get better? If so how? (what the numbers show)

What is task-based treatment & how is it different than other options?

PORN:
A True
Skyrocket
Pandemic



As annual porn views soar into the billions how can the recovery community understand and respond to the **coming tsunami?**

**A BRIGHT
HEARTS
PRESENTATION**

**“Porn: The
Growing
Pandemic”**

“Porn has been around forever ... what’s all the fuss?”

With the advance of the smartphone in 2007 and ever-increasing access to more & more graphic content by an ever-expanding viewership crossing all genders & ages, porn views have skyrocketed to over **136 Billion per year** & will conservatively increase by 45% *in just 4 years*. Internet porn is already suspected of truncating population growth beyond a recoverable point, contributing to 60% of divorces, and creating widespread aversion to couple sex as well as destroying marital trust.

Bring one or more of these **cutting-edge presentations** to your group today!

What presentations are you sharing and why?

As one who sees shattered individuals and relationships due to persistent porn and cybersex on a daily basis I have put together 3 high-impact but non-offensive presentations:

“**Porn: the Growing Pandemic**” - 90 min targeted to recovery groups, clinicians, counseling agencies, and other community groups

“**Porn: the Growing Pandemic Among Youth**” - 60 min targeted to youth counselors, youth pastors, and parents

“**What is Cybersex Addiction & is it Treatable**” - 60 min targeted to treatment facilities, staff trainings, recovering couples, etc.



What are the **benefits** of hosting a Bright Hearts Presentation?

You will be experiencing the results of weeks & weeks of the **latest research**. But more important, you will learn **real-life stories** of the **human toll** taken by porn & cybersex use on it’s victims.

“What is learned in ‘PORN: the Growing Pandemic’ presentation?”

What’s caused **pandemic** growth of porn?

How will **virtual reality** affect porn use?

What are the porn **search percentages** & habits by gender & other demographics?

Hear the **real impacts** to health, partners, relationships, & divorce due to porn.

Why is porn viewing experienced **differently** in men’s brains vs women’s?

What can **concerned communities do** to address the looming global crisis of porn?

What are the **long term impacts** of porn?

Call **TODAY** to schedule one or more of these **FREE** high impact presentations: (206) 679-4321

What’s learned in “**PORN: the Growing Pandemic Among Youth**”?

Hear what, how, why, when, and where youth are viewing porn.

Find out how & why youth are sexting and when this starts.

True cases depicting the alarming *impacts & risks* to youth

Learn the 4 essential steps to prevent a youth porn pandemic in your own youth.

SUPPORT GROUPS

What recovery support groups do you offer and how often?

The first 3 groups below are offered 3 times per year. The other groups are offered once or twice annually either during the late summer or in December.

- **Sex Addiction 1 & 2**
- **Divorce Recovery for Men**
- **Anger Management for All**
- **Becoming A Safe Male**
- **The 7 Desires of Every Man’s Heart**
- **Therapeutic Disclosure**

