



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.

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Bright Hearts Counseling

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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 ”

Can my spouse change?
Outcomes in a survey of
133 cybersex addicts

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

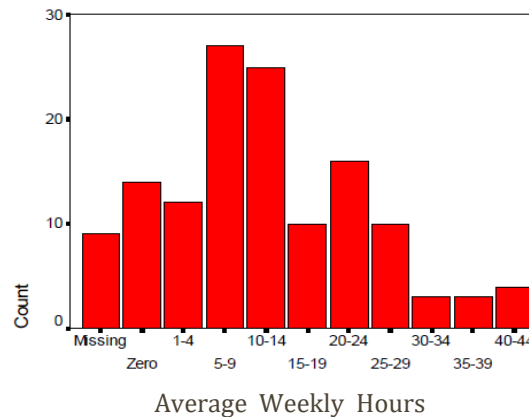
What is “therapeutic full disclosure”?

The Process

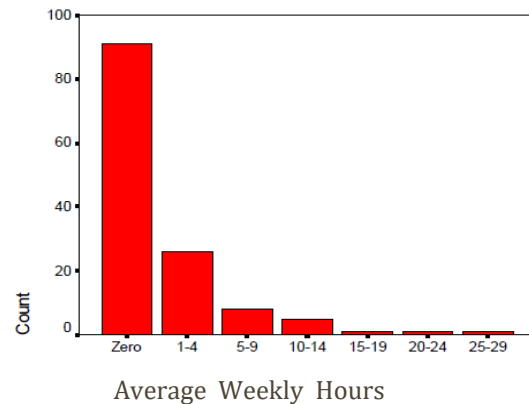
After a sexual or emotional trust breach a couple will sometimes experience the pain and shock of an unplanned “discovery”. Other times a partner will come forward with **an ad hoc or partial admission of trust breaking behavior** in an attempt to mitigate their own wounded conscience or the partner’s 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.

