



## Who We Are



### FAQ's

**“What is phase 1 group and how often is it offered?”** Phase 1 group (also referred to as Men’s Growth Group) is offered 3 times a year for 11 weeks in the fall, winter, and spring. Groups of between 5 to 7 individuals meet once a week for 1.5 hours to work through the first 7 tasks of SA recovery via brief readings and homework assignments including the following key topics:

1. Introductions and Overview
2. Breaking Denial: Consequences
3. Porn versus Healthy Courtship
4. Sexual Histories & Worst Moment
5. SA Histories: Share your 1<sup>st</sup> Step
6. Limit the Damage: Disclosure
7. Holistic Relapse Prevention
8. Integrity through Accountability
9. The Sexual Health Matrix
10. Build a Supt Network: 5 friends
11. Your Values & Vision

Successful completion of phase 1 recovery requires completing certain milestones and assignments and incorporating recovery habits and so some may need to participate in phase 1 group until these are met.

**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

*Sex Addiction  
Group Therapy  
for Guys*



**“What is phase 2 group and how often is it offered?”** Using Carnes’ *Recovery Zone* workbook, Phase 1 alumni (and others well along in recovery) address the next 6 tasks of recovery over three non-sequential 11 week “trimesters” with a variety of optional workshops offered in July, Aug, and Dec when phase 2 groups don’t meet.

Phase 2 Group covers the following:

### PART 1 - FALL

Intro & Summer Challenges  
 Optimal Living - Your Decision History  
 Making Tough Decisions - Decision Table  
 Target Your Recovery Zone  
 Your Addictive Behaviors & Feelings  
 Addiction Interaction Checklist  
 Man Stories: Getting Caught  
 Man Stories: My Difficult Turning Point  
 Man Stories: My Ideal Day  
 Finding Your Balance During Holidays



What are the **advantages** of group therapy in recovery?

A *Cost-effective* option ... (less than ½)  
 Amazing *Peer Support* ... in Meetings & Out  
 Mutual *Accountability* ... to Recovery Goals  
 Power of *Telling your Story* ... when ready  
 Caring *Confrontation* ... Honesty Rehearsal  
 Permitted “Cross-talk” (i.e. *Discussion!*)

### PART 2 - WINTER

Recovery/Relationship Holiday Challenge  
 The 4<sup>th</sup> & 5<sup>th</sup> Step Challenge  
 Your Grievance List - Knights w/o Armor  
 Your Grievance Story  
 Grievance Analysis - The New Male  
 Three Models of Masculinity  
 Processing Anger: Anger Awareness.  
 The Trauma Egg: Your Trauma Story  
 Patterns of Jeopardy  
 Fear in Relationship: Codependency  
 Contract to Courage: Your Hero Map

**Find out if faith-friendly, group therapy is a good fit for you:  
 Call (206) 679-4321 today!**

### PART 3 - SPRING

Sex Addiction in the Workplace  
 Experiencing Family: Family Gatherings  
 Making Peace with your Father  
 Identifying your Shame Core  
 Relationship: Your Path out of Shame  
 Mission Reclamation 1 & 2  
 Mission Reclamation 3 & 4  
 Embracing our Losses: The 4 Sorrows  
 Turning Sadness into Responsibility  
 Life-long Learning Inventory  
 The Year In Review

**“Are there additional groups offered besides phase 1 & 2 sex addiction recovery?”** Yes ... the following groups & workshops fill gaps in July, Aug, and Dec or are conducted throughout the year:

- Anger Management
- Divorce Recovery
- Becoming A Safe Male
- The 7 Desires of Every Man’s Heart
- Therapeutic Disclosure Workshop

