

The opposite of addiction isn't sobriety, it's connection

Whether you are an addict or a partner, connection with others is essential for long-term recovery and healing. You're not alone. Let us help you take the steps to build and strengthen your ability to connect to others.

**Healing & Recovery**

860 Hebron Pkwy, Suite #1102  
Lewisville, TX 75057

# Healing & Recovery Group Therapy

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## Why Attend?

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Recovering requires a lot out of both the partner and the addict. It requires learning how to nurse and care for your own wounds. It requires being with yourself in the present, allowing yourself to feel, and learning how to manage your pain. It demands honesty with yourself. It requires learning from the past and practicing new things for the future.

Group therapy provides an environment where you can explore and share with others who struggle with similar issues. As you listen to others' experiences, often insights will be triggered that would not be available in an individual or couple therapy setting. You can see people who are at different places in their process of recovery, which can help you see your progress, as well as hope for the future based on others in the group who may be further along in some ways and experiencing successes you long to achieve. Because sex/love addiction is considered a connective disorder, and partners of addicts often struggle finding support and connection that is safe and non-judgmental, it is very helpful to have an environment where you can take risks and reach out for connection in ways you normally would not be able to, but can with support. Almost every one of our clients reports that being in a group setting helps them feel less ashamed, not alone, and more hopeful.

## FAQ's

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1. How long do group members usually stay in group for?

There is no time limit on how long you can stay in group. We have group members who have been part of a group for years and continue to come because of the connection they feel. Others may attend group for a few months or years and move on to focus on other aspects of recovery. You get to pick what is right for you.

2. What do I have to do to join?

Once we've worked with you to determine which group is the best fit for you, you'll meet once with one of the therapists running the group. This ensures that the therapist is able to support you in the ways that are best for you.



## Available Groups

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- Adult Female Sex/Love Addicts
- Adult Male Sex/Love Addicts
- Adult Female Partners of Sex/Love Addicts
- Adult Male Partners of Sex/Love Addicts
- Teen Female Sex/Love Addicts
- Teen Male Sex/Love Addicts
- Parents of Sex/Love Addicts

## Details

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- Two hours each week
- \$250 per month
- Maximum group size of 8-10

## Contact Us

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972-878-8527  
[Healing-and-recovery.com](http://Healing-and-recovery.com)