

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

If you are in a relationship, combining couple work with individual work is essential for long-term recovery and healing. Let us help you take the steps to build and strengthen the connection in your relationship.

Healing & Recovery

860 Hebron Pkwy, Suite #1102
Lewisville, TX 75057

Healthy Sexuality Couples Intensive

Helping relationships heal





Why Attend?

We cover about 3 months' worth of relational tools in a day and a half, for approximately the cost of one hour of cotherapy per person, giving you and your relationship a jump start on the road to relational recovery. Our class gives you a chance to better understand yourself and your partner and work towards deeper connection.

Group work allows you to see that you are not alone in your relational struggles. Working with a group often brings up questions you might not think to ask, but which end up being helpful, allowing tools be addressed more thoroughly than they would be in a couple's session.

We've worked hard to develop a schedule that combines different approaches (lecture, media, activities, discussions) to ensure that you get the most out of the experience and to keep your attention focused.

FAQ's

1. Will I have to share my story?

No. Due to the brevity of the group, group members will not share their stories or what led them to attend the group with other group members.

2. Ten hours is a long time. How will I remember everything that is talked about?

While there is a lot of information, there are handouts that will help you understand and remember the concepts we teach. Varying our teaching methods also helps; our approach is designed to keep you interested and alert.



Topics Addressed

- Understanding the difference between intimacy and sexuality
- Advocating for yourself in your physical relationship in ways that are safe for you and your partner
- Levels of physical connection and how to navigate them
- Establishing or rebuilding trust in your physical relationship
- Balancing emotional and physical needs
- One hour of couples counseling included

Details

- Friday from 6pm – 9pm & Saturday from 9am-4pm (contact us for dates)
- \$800 per couple, attendance as a couple required. Deposit of \$400 required for enrollment.
- Lunch included on Saturday, snacks and drinks included both days.

Contact Us

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972-878-8527
MarkBird.mft@healing-and-recovery.com

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