



Intimacy Matters

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Krista Smith, MS ALC

www.intimacymatters.org

.....discover your healing journey

Healing Trauma Intensive

(for Spouses)

July 29-31, 2011

Living Waters Counseling Center

(2130 Henry County Rd 125; Headland, AL)

We are dedicated to the restoration of marital intimacy, maturing character, and helping individuals on the journey to becoming that which we were created to be.

Suggested Donation of \$400.00

Tentative Schedule:

Friday	5:00 pm—9:00 pm Supper included
Saturday	9:00 am—9:00 pm Lunch Break Supper Included
Sunday	9:00 am—1:00 pm

For More Information:

Westgate Church of Christ
617 Westgate Parkway
Dothan, AL 36303
334.793.2280
334.794.1192 fax
help@intimacymatters.org

Program Description

This intense program includes small group experiential process and learning experiences. Activities may include therapeutic role play, presentations, education, 12-step experiences, psychodramatic techniques and self-worth exercises. Participants will also begin crafting a recovery vision and aftercare plan. This intensive is designed to allow participants in same-gender groups the safety and opportunity to explore topics concerning compulsive acting out, distorted body image, fear of sexual self, painful consequences, sexual anorexia, and stereotypical roles for males in regard to healthy sexuality.

Internet Connections:

We invite you to investigate us on our website www.intimacymatters.org. Also we maintain a blog www.intimacyanswers.com and a forum www.intimacymatters.lefora.com where we interact with our readers regularly.

Frequently Asked Questions (FAQ)

What types of issues will be addressed in the Healing Sexual Issues Program?

The Healing Sexual Issues Program is an intensive 20 hour program designed to help participants address sexual addiction and compulsivity. During the workshop participants typically explore traumas that fuel sexual issues such as family of origin, shame, grief, loss, denial, co-existing addictions, and destructive behavior patterns. In addition, participants examine the consequences of acting out, relapse triggers and techniques to stay abstinent from sexual acting out.

What strategies are used during the program?

In addition to our primary group experiential therapy model, strategies may also include trauma resolution activities, written exercises, mindfulness practice and educational presentations all from a Christian worldview.

Am I appropriate for the program?

Participants appropriate for this 20 hour workshop will be at the stage of admitting that they have a problem with compulsive sexual behaviors, and/or fantasies which have persisted despite efforts to stop. They will also be willing to discuss their acting out behaviors, and they will demonstrate a sincere desire to change. This workshop will be most helpful for men with behaviors like compulsive masturbation, compulsive use of pornography, affairs, romance, and fantasy addiction, cybersex, chat lines, etc.

Who will be directing the program?

Intimacy Matters staff members, Eric Greer and Krista Smith work exclusively in the area of trauma and intimacy disorders. Eric and Krista most frequently work with clients whose dysfunctional acting out of their trauma and intimacy disorders are manifested in through sexual acting out. In addition to being licensed therapists, Eric and Krista have received extensive training in trauma treatment, addictions, EMDR and sexual dysfunctions.

What makes the program unique?

While similar treatment opportunities exist throughout the country, it is rare to find one from a Christian worldview. It is absolutely unique that we offer this program as a ministry. While we do greatly appreciate donations from our clients – that is what continues this ministry. We do not compel people to pay for our services and therefore are able to offer to any interested participant of the most specialized trauma addictions seminars in the country. No one else in the United States offers such. We believe this problem is growing at a rate that has unforeseeable consequences to individuals, families, and our nation. For that reason we are passionate about offering an accessible service to all. Similar treatment programs charge as much as \$3000 or more for an individual.