

# Journey to Recovery

Christian Men's Sex Addiction Therapy Group

- When:** Monday Evenings (6:00pm to 7:30pm)  
**Where:** 11417 124<sup>th</sup> Ave NE, Suite 201C, Kirkland, WA 98033  
**Cost:** \$50 per week, minimum commitment 12 weeks, "Facing the Shadow" workbook (\$22), "Answers in the Heart" daily meditations (\$12).  
**Contact:** If you are interested in more information about this group, please contact Steve Dulaney, M.A., LMHC, CSAT at (425) 419-6016.

Is your secret life spinning out of control? As a Christian man, do you feel shame, guilt and despair, trying desperately to stop your out of control sexual behavior? Do you struggle with Internet pornography, masturbation, affairs and other problematic sexual behaviors? Our established Christian sex addiction recovery program offers a safe place where men can experience hope and healing.

Group therapy provides a comprehensive approach to sexual addiction recovery that can accelerate as well as supplement individual counseling and church-based support groups. Our Christian counselor offers both a clinical and spiritual perspective to help you manage your compulsive behavior and start the journey toward a new life.

How is it different? Unlike a traditional 12-Step recovery program or other faith-based programs, a therapist-led group combines spiritual AND clinical aspects of recovery. Clinical aspects include learning emotional awareness to identify when anxiety, anger, fear and uncertainty are present and contribute to unwanted behaviors. We discuss how overcoming co-dependency and understanding its impact on healthy relationships. Together we will face the shame which hinders intimacy by building trust with others and relationship with God.

This program will emphasize spiritual growth and provide a powerful set of resources to help individuals manage and cope with their addictive behaviors.

Our Christian sex addiction therapy groups are led by [Steve Dulaney](#) M.A., LMHC, CSAT, a Christian therapist and Certified Sex Addiction Therapist (CSAT) with clinical training in the treatment of sex addiction. Anonymity and confidentiality are required of each individual who enters our program. Individuals in group therapy are asked to sign a confidentiality agreement before starting group.

***Program Highlights:***

- Based on [Patrick Carnes](#) sex addiction recovery model using a Christian emphasis.
- Understanding the role of faith in supporting recovery.
- Experiencing grace, forgiveness, and spiritual renewal.
- Developing intimacy with your spouse through a partner reconciliation process.
- Strengthening relationship and accountability with God.
- Sex addiction assessment required - minimum one individual session in advance.
- Limited to eight individuals per group.

***Participants will:***

- Develop tools to build recovery.
- Create a sexual sobriety plan.
- Learn which behaviors give power to their sexual or pornography addiction.
- Learn which situations and patterns undermine recovery.
- Learn how to create a support system.
- Completion of assigned homework is a requirement for this group.

**About Steve Dulaney:**

Steve Dulaney, M.A., LMHC, CSAT is a Christian counselor, Washington State Licensed Mental Health Counselor, and CSAT ([Certified Sex Addiction Therapist](#)) who provides individual and group counseling for men who struggle with sexual compulsivity. He utilizes [Patrick Carnes](#) sex addiction recovery model which includes [Facing the Shadow](#), [Recovery Start Kit](#) and [Recovery Zone](#). He also integrates traditional 12-step recovery methods. Steve completed his M.A. in Counseling Psychology at [Mars Hill Graduate School](#) in Seattle and is trained in [Lifespan Integration](#). He holds a B.A. in Business from the University of Washington and spent 17 years in high-technology marketing. Steve has worked in the area of sexual addiction recovery since 2001 and is President of [Prodigals International](#), a faith-based recovery program for men and women impacted by sexual addiction. He is a founding member of the [Christian Network Forum for Sexual Health](#).

