



Psychological Counseling Services

Sexual Compulsivity Recovery Group



Sexual Compulsivity Recovery Group (SCRG) is a concentrated group process with professional sexual addiction specialist, Mark Bell (MS, LAMFT, ASAT). Mr. Bell's expertise will help participants explore and discover the origins and core components of problematic sexual behaviors, unhealthy decisions and dysfunctional tendencies. He will assist in building a recovery plan for an effective long-term recovery process supporting a realistic and practical return to life.

In SCRG one will:

- Learn how to deal with and control unhealthy sexual tendencies, obsessions and fantasies.
- Confront lies, deceptions, manipulations, distortions, rationalizations, minimizations, denials and boundary failures.
- Face necessary consequences with dignity, confidence and courage.
- Improve relationships with spouses, family, friends and colleagues through increased honesty, openness and understanding.
- Identify and understand healthy and acceptable sexual behavior.
- Discover what is at the core of sexual struggles and addiction interaction issues.
- Build up an inner spiritual strength and confidence that empowers successful maintenance of a healthy sexual focus.
- Develop skills to prevent relapse.

Each week members participate in a proven group process for sexual compulsivity recovery utilizing the ***Recovery Start Kit*** developed by Dr. Patrick Carnes, internationally recognized expert on sexual addiction. In group individuals maximize momentum in recovery by addressing concerns unique to their situation. They also experience healthy peer support, firm accountability and connect with others experiencing similar struggles.

SCRG – \$75.00 per group / Thursdays 6pm-7:30pm
*\$300.00 ***Recovery Start Kit*** materials fee

Psychological Counseling Services
7530 E. Angus Drive – Scottsdale, AZ 85251
T 480.947.5739 – F 480.946.7795
pcs@pcsearle.com – www.pcsearle.com

Mark Bell
MS, LAMFT, ASAT



Licenses / Certifications / Professional Organizations

- Associate Sexual Addiction Therapist (ASAT)
- Licensed Associate Marriage & Family Therapist - Arizona
- American Association for Marriage and Family Therapy
- The Society for the Advancement of Sexual Health (SASH)
- Licensed Marriage & Family Therapist - Mississippi

Education:

University of Southern Mississippi

- M.S. Marriage and Family Therapy

Brigham Young University

- B.A. Spanish / Minor - Marriage, Family and Human Development

College of the Sequoias (California)

- A.A.

Mr. Bell is a clinical member of the Intensive Outpatient Program at Psychological Counseling Services (PCS). His areas of focus are individuals, couples and families in recovery, men's sexual issues and couple/family cohesion. He incorporates his experiences, education and compassion for people in his work. He values the family unit and sees it as a fundamental beneficiary of therapy and recovery work done with people in a group and individual process. His passion is working with individuals, couples and families in addressing their most significant and concerning issues and helping restore them to harmony and integrity. Mr. Bell's professional experience includes working with Dr. Patrick Carnes and an extraordinary clinical team treating people struggling with sexual addiction, relationship addiction and sexual anorexia in a world-renowned treatment program. In addition, his life experiences have taken him from his West-Coast roots to New Mexico, California, Utah, Arizona, Mississippi and around the world to Germany (3 years), England (1 year) and 2 years in Chile as a Spanish-speaking missionary. He and his wife are proud parents of two children.