



RESTORATION GROUP

Hope Source Counseling
Kent Ernsting, LPCC, Certified Sex Addiction Therapist

Tuesday Evenings from 6:00-7:30
February 16 - September 7, 2010

This group will focus on the Tasks 8-13 of Recovery utilizing *Recovery Zone Volume 1 Making Changes that Last: The Internal Tasks* by Patrick Carnes, Ph.D.

Prerequisite for Restoration Group is completion of HEALTH Group and the first 7 tasks of recovery.

Fees: \$40 per person per week for 90 minutes of group therapy, the book is \$35.

10% Discount for Pre-payment is available

Insurance is not accepted for this group

The focus will be on:

- *Multiple Addictions*
- *Cycles of abuse*
- *Reducing Shame*
- *Grieving losses*
- *Closure to Shame*
- *Relationship with Self*

A 30 week group experience designed to assist you as you do the deeper work of recovery. You will address the underlying causes of addictive behavior in the supportive environment of others who are building momentum in their recoveries. Are you ready to do the internal work in order to make changes that last?

Hope Source Counseling
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Hope Source Counseling
Where hope and healing meet

Group size is limited to 12 participants