



## MEN'S H.E.A.L.T.H. GROUP

(Helping Eliminate Addictive Learned Toxic Habits)

Tuesdays, January 8 – May 20, 2008  
from 6:00pm - 7:30pm  
in the office of  
Dr. Douglas Reed & Associates  
5750 Gateway Blvd., #103  
Mason, OH

We will be following the format outlined by Patrick Carnes, PhD, and utilizing his most recently developed materials throughout the course. These materials consist of [The Start Kit](#) with its 130-Day Focus, which is available only through Gentle Path Press. I can purchase the kit at a discounted rate and pass the savings on to the group members. We will also be using his manual entitled [Facing The Shadow \(Second Edition\)](#). Both of these are available through Gentle Path Press at: [http://www.gentlepath.com/showproduct.cfm?product\\_type=book](http://www.gentlepath.com/showproduct.cfm?product_type=book)

This is the first time any group in the Greater Cincinnati area has utilized these materials, and I am excited to be able to utilize the best materials and recovery technology available for this group.

We will be doing daily and weekly assignments during the first 130 days. I also plan to offer psycho-educational seminars, which will include spouses, as part of this course, and will let the group know the dates once I get them worked out. Dr. Carnes has found that the earlier spouses are included in treatment, the better the outcome.

For additional information or to register, contact:

Kent Ernsting, M.A., M.S., M.A.  
Professional Clinical Counselor and Licensed Social Worker  
(513) 779-7400