



# RECOVERY SOLUTIONS

intensive therapy option

## 3 Day Couples Intensive

## Jumpstart Sex Addiction Recovery

DAY 1	
Morning Sessions	
9:00	Couple Orientation
9:30	Group Processing: <i>Story of Addiction</i>
10:30	Task Work and Processing
11:00	Group Processing: <i>Addiction Art</i>
11:45	Break for LUNCH
Afternoon Sessions	
1:15	Couples Group: <i>Processing &amp; Psycho-Ed</i>
2:45	Group Processing: <i>Boundaries</i>
3:45	Couples Group: <i>Homework &amp; Evening Aftercare</i>
4:30	Evening Activities

DAY 2	
Morning Sessions	
9:00	Couple Orientation & Aftercare Processing
9:45	Group Processing: <i>Sobriety &amp; Balance</i>
11:15	Couples Group: <i>Fire Drill Planning</i>
12:00	Break for LUNCH
Afternoon Sessions	
1:30	Psycho-Ed: <i>Denial &amp; Gaslighting</i>
2:30	Group Processing: <i>Emotional Restitution</i>
3:30	Couples Group: <i>Emotional Restitution</i>
4:00	Couples Group: <i>Homework &amp; Evening Aftercare</i>
4:30	Evening Activities

DAY 3	
Morning Sessions	
10:00	Couple Group: <i>Homework Processing</i>
10:45	Psycho-Ed: <i>Impact on the Partner</i>
11:15	Task Work: <i>Letter-Writing</i>
12:00	LUNCH (provided)
Afternoon Sessions	
12:45	Group Processing: <i>Letter Review</i>
1:15	Couples Group: <i>Letter Reading</i>
2:45	Couples Group: <i>Processing &amp;</i>
3:15	Closing Interviews: <i>Long-term Recovery Plan</i>
4:00	Closing Ceremonies

### Upon completion, couples will have:

- a better understanding of the addiction and the impact on self and the relationship.
- jumpstarted the process of creating an atmosphere for healing in their couple relationship.
- created a thorough plan for recovery to utilize as part of their on-going treatment.

For more information, please visit  
[www.FamilySolutionsOK.com/recovery-solutions](http://www.FamilySolutionsOK.com/recovery-solutions)

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*Note: Schedule is subject to change*