

Composure

A group for women

whose partners demonstrate problematic sexual behavior

Composure is an 8-week group for women whose partner's sexual behavior has caused harm to the relationship. This group includes education, discussion, and activities within a Christian framework.

February 9 - March 29

Thursdays, 7-8:30 pm

Location: Grace Counseling Center

20801 Moross Rd, Detroit, MI

313.343.9000

www.grace-counseling.org

Fee: \$250. Includes materials.

You are not alone. Healing can be found in connecting with others. Our program will provide you with research-based information and therapeutic techniques to lead you to a more enriched life. Our goal is to create a safe place for a small group of women to apply research, receive support, and experience healing to gain composure.

Research indicates that women who find out about their partner's sexual compulsions either by discovery or disclosure are likely to suffer from relational trauma. Many women have never told anyone about the secret pain they suffer resulting from a partner's sexual addiction.

Common feelings include: embarrassment, fear, uncertainty about the relationship, distrust for the partner, helplessness, anxiety, immobility, withdrawing, depression, confusion, rage, intrusive images, irritability, oversensitivity, and digestive problems.

Composure will address topics such as:

- * relational trauma
- * sex addiction
- * self care
- * disclosure, including what to tell children
- * boundaries

This group will respect confidentiality

Led by Hope Ray, LLPC, a counselor with her own personal experience, this 8-week journey will provide a place to process the pain in a spiritually sensitive way. If you have questions, please contact Hope at 586.484.5930.