

## ***Spirituality of Sexuality Boot Camp***

### ***Eight Weeks of Restoration***

Wednesday Evenings, 6:30-8:30 PM

March 7- April 25, 2012

Grace Counseling Center, 20801 Moross Rd., Detroit

*This experience is designed for men who (1) are feeling discouraged and stuck in destructive patterns of sexual fantasy and behavior and (2) are ready and open to finally address the true underlying emotional and spiritual roots of this behavior and break free from these longstanding patterns. This group will also be valuable to men's group leaders who want to learn how to help men in their small group with ingrained sexual struggles.*

#### **Group Leaders:**

**Randy Hermann, MA, LLPC, CSAT**

Certified Sex Addictions Therapist

**Tim Hogan, PsyD, LP, CIRT**

Certified Imago Relationship Therapist

#### **What to Expect:**

1. You will re-discover the REALITY that this is not (mostly) about sex and learn answers to these questions:  
*What does healthy sexuality look like as God intended? How common is it? How can I identify self-delusion? Why can't I live the healthy sexual life I long for? How can I understand the deep "nonsexual", emotional and spiritual roots of obsessive fantasy and compulsive behavior?*
2. You will develop a realistic vision for your sexual health as well as a realistic strategy to create it. You will be able to answer these core questions:  
*Why doesn't "self-control" work? What are the seeds to these struggles in my story? How does my perception of God relate to my sexuality? What do I need to change longstanding and destructive patterns of thought and behavior? How can a healthy spirituality and prayer life help to heal and transform my mind and heart?*
3. You will learn how to maintain long-term sexual integrity and passion, and will know the answers to these questions:  
*What is the foundation for sexual health? What would it look like to create more appropriate joy and passion in my life? What spiritual disciplines do I need to stay grounded in Christ?*

#### **What is the cost?**

Cost for the program is **\$250\***. This includes resources drawn from Pat Carnes' *Facing the Shadow* and a copy of Paul Becker's *In Search of Recovery* text.

#### **How do I find out more and register?**

Contact the Grace Counseling Center (313) 343-9000 and ask about the "***Men's boot camp***". (Registration will be limited to 8 participants. Limited scholarships available.)

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**The Grace Counseling Center:** *Relationally grounded in Christ, we relentlessly invite others into transformation through clinically excellent and spiritually mature care.*