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## **Facing the Shadows Fall 2022 Intensive Frequently Asked Questions**

### ***Who is this for?***

This workshop is designed for men with a history of compulsive, problematic, or unwanted sexual behaviors. This could include a variety of presentations, but consider behaviors such as pornography and masturbation, strip clubs, massage parlors, prostitution, online chatting or hookup apps, and the list goes on.

Individuals who are early in their healing journey would benefit most from this workshop, although those in recovery who feel like they are hitting a wall or could use a little jump start will likely find this time productive as well. We utilize the Facing the Shadow workbook material, which is a rich and dense workbook that many people get more and more out of their second and third times through the book. If you are unfamiliar with the content, this will be immensely helpful, and even if you are in a FTS group or are already familiar with it, there is a chance this will help refocus and reorient your recovery.

### ***Do I need to attend all 3 sessions?***

Yes, attendance for all three Saturdays is required as a part of this workshop. Each Saturday experience has unique content and builds upon the previous work accomplished.

### ***Will I be forced to share?***

Nothing is forced or imposed, and anything you will do at the workshop you get to choose to do willingly. With that said, we do encourage sharing, and find that although the thought of sharing parts of your story can be terrifying for many people, it does prove to be an incredibly helpful part of the healing process. This workshop is designed to help you wherever you are on your path, so that you can get out of it what you put into it.

### ***What about confidentiality?***

As therapists, we have a strict ethical responsibility to protect your confidentiality, so whatever you choose to share will not make its way back into the places you live, work, play, learn, serve, or worship. The state-mandated limits on confidentiality, however, mean that we would break confidentiality if a) someone professes suicidal or homicidal ideation, b) there is suspected abuse or neglect of a child or vulnerable adult, or c) a judge subpoenas our records.

### ***What if my partner doesn't know about my struggle?***

Good for you for seeking help! There will be a part of the workshop designed to help you navigate this dynamic in your relationship.

### ***How do I get my partner to attend?***

Unfortunately, you are ultimately powerless to force anyone else to do something they do not choose to do. Our recommendation would be to inform them about the workshop, state how much their attendance would mean to you, and ask them if they would be willing to consider taking this step for the sake of the relationship. We also would highly suggest that you find a therapist trained in partner trauma (CSAT or CPTT) to help you learn effective tools for boundary setting, communication, and healing from trauma. To the extent that you have experienced pain in your relationship is the extent that you *deserve* to find care and healing.

### ***Is there a scholarship or payment plan?***

Often intensives can start around \$1,000 per day and might even be significantly more expensive than that. We have worked really hard to keep our costs down and to create an affordable option for those who are unable to benefit from residential or intensive inpatient treatment. Because of this, we do not offer scholarships for this workshop, but would recommend you take advantage of the 15% discount for paying in advance. However, you can make payments in three installments as each of the workshops occur.

### ***What is the cancellation policy?***

In order to effectively prepare for the event, we are asking participants to give their cancellation notice by the end of the business day October 10, 2022. Unfortunately, cancellations after this date will not be refunded. However, the balance not used can be put toward a future workshop.

*How do I sign up?*

You can sign up by calling or emailing our office: 407-894-5202 x5 or [jessica@chariscounselingcenter.com](mailto:jessica@chariscounselingcenter.com)