

Announcing Two New Women's Groups Greater Kansas City Area (Kansas)

Where: Greater Kansas City Area (Kansas)

For the safety and confidentiality of the participants, the location is not made public.

Healing for Women with Relational or Sexual Addiction – Closed Group

This is an 18-week class which will use the manual “Grounded in Love: Hope and Healing for Women with Relational & Sexual Addictions” by Kim Jones and Darrell Brazell.

This will be a closed group. New women can join up to and including the 3rd week (8/24), at which point the group will close (exceptions will be considered). Next class will start 1/11/2011.

Note: See 2nd page of this flyer for Goal and Major Objectives of this group.

Time: Tuesday nights, 6:30 - 8:45 pm

Dates: Starts August 10, ends 12/14 (assumes Thanksgiving week will be skipped)

Healing for Women with Relational or Sexual Addiction - Open Support Group

This is an ongoing open support group. Content will vary week to week. Women who are attending the 18-week class are welcome to attend as well as those not attending. This open group is especially recommended for those who missed the 1st 18-week group and are waiting for the one in January to start.

Time: Saturday mornings 9:00 - 11:00 am

Dates: Starts Oct 2nd, ongoing

Who Should Attend (either the closed or open groups)

Single or married women struggling with relational and/or sexual behaviors that have become destructive, including women struggling with same-sex attractions. If you have been unsuccessful in overcoming any of the behaviors below, regardless of whether you would classify them as addictions, these groups may be beneficial for you:

- sexual acting out with men or women
- sexual acting out with self (masturbation)
- pornography, cybersex, sexual chat rooms
- romantic fantasies towards men or women which does not result in actual pursuit or sexual acting out (e.g. addiction to romance novels)
- pursuit of relationships for the romance and/or thrill which does not result in sexual acting out
- co-dependency towards men or women which does result in unhealthy relationships but does not result in sexual acting out

How to Sign Up

Please contact Kim Jones if you are interested in attending.

Important: You will need to complete intake forms before attending either group. Kim will work with you to get those completed. You will not be able to attend until you have spoken with Kim. Contact: Kim Jones, Phone: 913-381-3192, Email: kimberjones@everestkc.net

Additional Info

Kim Jones, a member of New Hope Fellowship, will be leading these groups. Kim led a local weekly support group for over 8 years for Christians struggling with same sex attractions and has helped lead multiple other recovery classes such as Living Waters. She is currently being mentored by Darrell Brazell, as well as finishing a Certificate of Completion program for sexual addiction from AACC (Association of American Christian Counselors).

Goal and Objectives of the 18-Week Closed Group

Goal: "Stop and Grow"

- To provide women the tools and support they need to stop their addictive/unhealthy behaviors and to grow healthy truth-based and grace-based relationships with God and others.

Major Objectives

- Challenge women to come out of denial and face the reality of their behavior and the negative impact it is having on themselves, their relationship with God, and their relationships with others.
- Provide tools to establish accountability and support structures within and outside the recovery group.
- Provide tools to establish personal responsibility such as charts to mark progress, extensive book/website list, commitment forms to sign & date, and checklists to establish & maintain boundaries.
- Enable women to establish a deeper foundation of being loved by God the Father, resulting in a more abiding sense of belonging, by helping them identify their distorted views of God.
- Enable women to establish a deeper foundation of finding their identity in Christ, resulting in a lesser need to find their identity in other people and activities.
- Begin establishing a stronger internal sense of being by receiving a deeper revelation of the presence of Holy Spirit within them.
- Help women recognize the lies they believe about themselves, God, others and how life works.
- Provide an exhaustive Sexual History Inventory questionnaire and a time of one-on-one praying through their completed inventory, resulting in a significant release of shame and a receiving of God's forgiveness in those areas.
- Enable women to identify what the initial stages of their addiction cycle are (e.g. trigger events, thoughts, feelings, behaviors), so they can stop the cycles before they act out.
- Enable women to understand how to manage the ups & downs, successes & failures, of the recovery process.
- Provide understanding of secure and insecure attachment styles to help women begin to see effects of early childhood relationships and the importance of developing healthier attachment styles.
- Provide introductory material to help women begin to understand the connections between trauma events in their life and their addictions.
- To provide women tools and wisdom to enable them to be fully honest with their husband about their addictions, and to understand the adjustments that will need to occur in their marriage in the early stages of recovery.
- Explain various aspects of how our brains work by utilizing the latest research in "brain science."
- To provide women support and encouragement to achieve 90 days of sobriety.
- Teach women a way of praying that invites Jesus into the daily life, as well as into places of trauma in order to bring healing into those trauma memories.