

Phase III

The Advanced Group

This final stage in the LifeSTAR program is a long-term commitment to group therapy and is geared toward helping participants maintain their newfound lifestyles.

Phase III participants have graduated from Phase II and continue to work in their separate small groups.

Deep Dive Into Underlying Issues

Phase III addresses the issues that underlined the addiction in the first place, such as faulty core beliefs, trauma, and abuse. Once the addiction has been stopped and the underlying issues addressed, healthy lifestyle changes are reinforced. This helps keep the addiction from reappearing.

Healing as a Couple

For couples in the program, this is the time to practice their new lifestyle and new way of relating to each other. In Phase III, they put into practice all of the identity and boundary training they have received throughout the first two phases.

Objective

This phase is also self-paced and the participant graduates once they and their therapist determine they have control over their addiction and have efficient coping mechanisms for dealing with the underlying issues that played into that addiction.

Cost

\$210 per Person/month

LifeSTAR Rexburg

Pornography and
Sexual Addiction
Treatment Program



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LifeSTAR is a three-phase outpatient intensive treatment program designed to help individuals who struggle with pornography addiction and sexually compulsive behaviors and their partners.

The LifeSTAR program is divided into three consecutive phases of recovery designed for a long-term solution.

Participants work with a Master-level therapist specialized in pornography and sexual addiction.

Phase I

One-Day Intensive Workshop

Every two months we will hold an educational workshop for people struggling with an addiction to pornography and other compulsive sexual behaviors, *and* their partners. (Note: this is contingent on having enough people for the workshop.)

Educate

The primary focus of this one-day workshop is to educate. We have found that when clients are well informed about the underlying issues that influence unhealthy behaviors, they become empowered and take a more proactive approach to recovery and life.

Designed for Couples

We strongly recommend that married couples come together so they can begin the process of education together.

However, the workshop is also for single adults and for those clients whose partners are not willing to attend.

It is intended for those starting out in recovery, for those who have been attending 12-step groups, or for those being discharged from an inpatient setting.

Cost:

\$250 per Person for Workshop
\$225 Books for Entire Program (Women)
\$250 Books for Entire Program (Men)

Plus assessments to tailor treatment:
\$35 PTSI-R (Both Men and Women)

\$35 SDMI (Men) or \$45 SDI (Men)

Phase II

The Recovery Phase

During Phase II, the focus is really on helping clients develop solid sobriety and employ successful strategies that will help them live healthier, more productive lives.

Separate Groups

Men and women separate into their own groups, in order to focus on their unique needs. Each group consists of 4-7 individuals and is facilitated by a Master's-level counselor. Each individual will proceed through the program at their own pace.

Workbooks

The workbooks for addicts in Phase II focus on providing a deeper look at denial, the addiction cycle, fantasies and objectification, relapse prevention, and healthy living.

Partners in Phase II take a deep look at how their partner's addiction affects their own thinking and behavior, learn how to establish healthy boundaries with their partner, and learn effective coping mechanisms.

Individual Counseling

To better support and treat participants, we request that they see an individual therapist specialized in pornography and sexual addictions. This is separate from the group program and is not included in the monthly tuition.*

Objective

Participants should stay in Phase II until they establish a solid sobriety, implement an effective treatment plan, have a network of support, and have a detailed understanding of their addictive system.

Cost:

\$210 per Person/ month

**individual counseling may involve copays, deductibles, or coinsurance and the cost is determined by the client's insurance plan.*