

Weekly Course Testimonials

Life Changing ...

I started the course apprehensively and decided that if I was asked to stand up in a circle and announce “Hi my name is blah blah and I’m a sex addict”, I would walk away. That was not the case and I have been pleasantly surprised at the ease of fitting into the group. Everyone is in the same boat, maybe for different reasons and degree’s but I found it **liberating** to be able to talk to others with no pre-judgement on myself. The group gave me something to lean on when times were hard, the educational benefits were not the only attraction, with the support of the rest of the group I became **free from problems** otherwise kept hidden, their suggestion’s and experience really helped me to see what I have been doing. The only suggestion I can give you is forget what you thought you knew about group therapy, this is a whole lot more!

“Group work for me provided one of the key elements necessary for recovery. It does this by deepening understanding of the addiction cycle, providing a broad overview of the underlying psychological issues that feed unhealthy sexual desires, giving specific strategies for long term sobriety and teaching life skills that many addicts have failed to gain in the formative teenage years. It also importantly addresses problems concerning shame, guilt and isolation by encouraging relationships to develop over time with other members of the group-many of which have surprisingly been through exactly the same disastrous consequences of this addiction. Many months after I completed the course, I find that I am constantly practicing the techniques that I learnt. Paula’s insight, wisdom, dedication and enthusiasm is invaluable. For me, completing a course is not just recommended, it is necessary for preventing relapse and for leading a **healthy and productive life full of rewarding relationships** once again. “

‘The group really gave me some hope just as my life was falling apart when my wife discovered the truth about my sexually compulsive behaviour. Being able to talk with others in a safe and non judgemental environment was the first step to addiction recovery and a new outlook on life. From what we learned on the programme I started to be able to make some sense of my crazy lifestyle and to work with others on the group on practical strategies for healthy living. Working with the group also enabled me to demonstrate to my wife and others close to me that I was **serious about recovery**. Ongoing mutual support between those I met on the programme builds confidence and helps to ensure that I stay committed to the promises I have made to myself and those I hold dear to live a life with nothing to hide.’

Group work is the only way to do a course of this nature – well structured and it **changes your life**.

Extremely helpful and worthwhile. **Transformative** in many ways. Thank you for all the help and support

Although I feel my sexual addiction is more or less under control, I know I am just one trigger away from acting out. The course has helped me recognise and avoid those triggers which I hope can help me rebuild my relationship with my wife.

I started the course to save my marriage (because I had been caught), but the outcome is so much more than that. Over the duration of the course, the relationships with my wife and 8 year old daughter have changed beyond belief, life is more fun and filled with love which makes recovery easier and more important than ever. If you are wondering if the course is worth it, then you don’t know yet what you have to lose and it’s **cheaper by far than a divorce!!**

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Encouraging ...

The exercises and work done in groups is not the only benefit, I have **made many good friends** and a network of support even after the group course has finished.

Things are going well for me, thank you

“Having tried one-to-one therapy on a number of occasions without long term success I found out about Paula’s group therapy and decided to set aside my initial reservations about discussing my problem with others. This undoubtedly proved to be one of the **best decisions of my life** and the cohesiveness of our group has provided invaluable support to me in my recovery, which as I write, is in its sixteenth month. Group therapy allows you to contribute to, and benefit from, a valuable long term support network of people who truly understand the nature of sex addiction”

This Course has helped me understand the reasons, motivations and behaviour that underlie the pursuit of a secret life with this understanding comes choice, conviction, self esteem and the **strength to make a different life**.

The course has enabled me to better understand the causes and nature of my addiction, and in so doing, enabled me to forgive myself for many of the things I have done. This is enabling me to move **forward with an optimism** I could not have imagined before.

Although being on this course hasn’t saved my marriage, it without question **saved me**.

I was very worried about engaging in the group work, discussing things that I had never told anyone before, but within a few sessions I was comfortable with speaking. The biggest breakthrough for myself was the weekend where I could finally let go of the demons within a safe environment

Good in group to understand a range of backgrounds and experiences.

I felt at the time that the course started quite slowly and felt initially that we weren’t covering much that was helping to cure me. However now that I am at the end of the course I can see that the understanding of each stage needed time to sink in. The weekend sessions really appeared to be a turning point with the light being lit at the end of the tunnel.

The course has been a **great help and support** in giving me understanding about my addiction. It’s given me a lot of help in control with addiction and sexual behaviours, and greatly appreciate the help and support from the course.

I have found the initial stages to be really helpful in understanding and coming to terms with what I have done. The exercises, discussions and support of the later phases have been crucial in creating new awareness and assuring me for the future. **Very helpful and very hopeful**.

I have been able to piece together the story and reasons that led to me being in the position I am now. Now that I understand why I am the way I am I can make **permanent changes** using the methods I have been shown.

I am so grateful for the course. I understand so much now. I now have the knowledge and power to change my future. It is still a long road, but I have been empowered to beat this. I will use the practises that have been taught. Thank you so much – you’ve **saved my life**.

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Enlightening ...

Group work can feel very daunting but it is such a worthwhile experience, everyone you meet and get to work with is in the same position and feels exactly the same to begin with.

“After 7 years of trying to overcome my xxx xxxxxxx and failing I turned to group therapy, even though it was daunting for the first few weeks these sessions **opened my mind** and allowed me to value the important things in this world my wife, children and quality of life. The group sessions make you realise you are not the only one with this addiction and provide a support network which is not available on a one to one basis”

The Hall Recovery Course has complemented my 12 Step group really effectively and has provided me with another perspective.

I have found the course **extremely informative and helpful**, at a time when I had no control over my addiction this course has re-focussed my mindset and put me on to a safe, long road to recovery.

The only real treatment of sex addiction I have come across and the **only thing I know that really works**. I would like to have done more sharing and had more time to tell my story.

Group rather than individual therapy gives you a much deeper understanding of all the issues around sexual addiction. Our experiences and problems are superficially different but in essence they are the same. Sharing other difficulties helps you to better understand and resolve your own.

The group approach allowed me to put into context my own addiction having support from other members was crucial to my success

Well structured, challenging course. Good balance of interpersonal dialogue and instruction on science and techniques for overcoming SA. Want to continue group meetings with new and existing members

A worthy course. Really allowed me to open up and **find out more about myself**.

I was originally very apprehensive about going on the course but heard how effective group work is. Gained a real understanding of sex addiction and benefitted hugely from the group experience. **I feel in control of my life again.**

I was extremely sceptical about the group format of the course, however I feel that sharing with and supporting others with similar issues has been very beneficial to me.

Psycho-educational programmes

For the treatment of sex & pornography addiction and support programmes for partners