

# Facing The Shadow Intensive Workshop

CONDUCTED BY:

**ERIC ANDERSON**  
LMFT, CSAT

Eric is a Licensed Marriage and Family Therapist and Certified Sex addiction Therapist (CSAT). He specializes in helping people recover from sexual addiction.

Eric has several years of experience been working with sexual addiction and conducting workshops. Additionally, he brings an extensive network of expertise, working to not only help you recover from sexual addiction but help manage crisis in the relationship and begin working towards healing and reconciliation.



## FACING THE SHADOW WORKSHOP

Facing the Shadow is a two part workshop, for individuals struggling with sexual compulsivity and addiction. You will gain the tools you need to jump start your recovery and move you quickly through recovery's early stages.

## WHY ATTEND THESE WORKSHOPS?

In coming a way from a Facing the Shadow Intensive you will:

- ➔ Understand how you have used denial to continue your addiction.
- ➔ Understand your own cycle of addiction so you can change it.
- ➔ Create a solid recovery plan so you can continue healing.
- ➔ Learn how to set up an accountability network for yourself.
- ➔ Begin to understand the underlying reasons powering your addictive process.
- ➔ Build your relapse plan and a fire-drill plan.
- ➔ Have gained skills and tools to interrupt addictive cycles
- ➔ Build skills to manage crisis in relationships caused by addictive behavior

## ADDITIONAL INFORMATION:

For more information, please call 626.344.2990 or email at [Eric@EricAndersonCounseling.com](mailto:Eric@EricAndersonCounseling.com) or visit [EricAndersonCounseling.com](http://EricAndersonCounseling.com) for additional services

## ERIC ANDERSON COUNSELING

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# Facing the Shadow Intensive Workshop

Cost: \$2350 for both weekends.

## Frequently Asked

### HOW DOES IT WORK?

The process is simple. The Facing The Shadow workbook is widely regarded as the gold standard for treating sex and pornography addiction. In this workshop, rather than spending months working the the workbook materials you will jump start your recovery by completing the book in 4-6 days (depending on the group size) integrating other materials and exercises Eric has developed to bring a holistic approach to the beginning stages of recovery. Additionally, you will go through process with a group of men in the similar situations as you. Eric specialized in creating a safe and non-intimidating environment to begin to as difficult but important questions.

### WHAT HAPPENS AFTERWARDS?

At the end of the workshop you will receive clear direction for the next stages of your recovery including:

- Addressing damage to the relationship
- Clear steps to take to make recovery last
- How to effectives address underlying trauma and emotional distress
- What other resource are needed; Eric works with a trusted network of expert therapist in this area including finding help for loved one's affected by sexual addiction

### WHY A WORKSHOP?

Having used the Facing the Shadow workbook in many different settings including group and individual therapy it has been experienced by many that an intensive setting is by far the most effective way to not only absorb the information presented but to experience the emotions that come with this work in a safe environment that cements the changes made.