



Helping Partners/ Spouses Heal from Betrayal Trauma

When: Wednesday 10am – 11.30am
Thursday 7pm - 8.30pm

Facilitator: Nicole Ashton, MA. MFT, CSAT, CCPS
Marriage & Family Therapist # 45884

Where: 822 S. Robertson Blvd, Ste 303
Los Angeles, CA 90035

Cost: \$80/week
Group commitment is minimum
of 12 weeks

Topics Covered

Self Esteem
Boundaries
Assertiveness
Grief & Loss
Trust
Isolation

Trauma - Gaslighting
Anxiety & Depression
Guilt & Shame
Anger
Relaxation Techniques
Sexual Intimacy

Communication
Coping Skills
Self-Care
Trigger Management
Healthy Relationships
Emotional Abuse

This 'closed' support and process group is designed to help partners heal from the fallout of sexual betrayal in their relationships and is limited to 6 participants. The focus is to provide a safe and confidential place to heal, grow and learn.

A pre-group session evaluation is required before joining the group, and individual work with a therapist is highly recommended. Admittance to the group is based on clinical discretion and space available. It may be determined that group therapy may not be the best support depending upon the client's presenting issues.

Nicole Ashton, MA. is a licensed marriage and family therapist (LMFT #45884) who works with partners/spouses of sex addicts and those who have been betrayed in intimate relationships from a trauma based perspective. In addition to being a Certified Sex Addiction Specialist (CSAT) she is a Certified Clinical Partner Specialist (CCPS). Nicole is trained in EMDR and utilizes Mindfulness based stress reduction techniques and meditation to assist with trauma reduction and symptom management.

**822 South Robertson Boulevard, Suite 303
Los Angeles, California 90035**

For more information, please call **310-592-8274** or email **nicole@apersonaljourney.org**