



Intensive treatment for men struggling with sexual addiction and intimacy disorders, and support for their betrayed partners.



WHAT IS TINSA®? WHY THIS APPROACH?

The TINSA® treatment model utilizes the latest in neurobiological research to heal the root cause of addiction. Beginning with thorough assessments (SDI, BECK Inventory, Genogram and Timeline), the program is specifically designed to help men “connect the dots” to discover the core wounding that causes them to medicate with sex, drugs, food, work, etc. During the intensive they will uncover and understand how their life is being impacted by unhealthy sexual behaviors whether it be pornography, web-based sex, compulsive masturbation, use of prostitutes, massage parlors, strip clubs or infidelity. Participants find that identifying the core trauma and taking steps to healing those old wounds restores choice and greatly diminishes the chance of returning to problematic behaviors. Most importantly, participants build life-long friendships with other men in their program and report that the ability to connect and develop and practice vulnerability and authenticity is what they consider most valuable.

BAI is the only sexual addiction treatment program to address attachment wounding, developmental trauma and psychobiological damage of addiction in treatment. We are also unique in our relationally-inclusive support for betrayed partners during the intensive.



WHO IS A FIT FOR TREATMENT AT BAI?

Any man who:

- Struggles with a sex and/or pornography addiction that is problematic and is causing serious consequences in their relationships, social life, and/or workplace
- Is unable to stop compulsive sexual behaviors despite the negative impacts these behaviors are having
- Desires to repair their relationship and learn how to be intimate emotionally, physically, and spiritually with their significant other, who has experienced the trauma of betrayal due to their compulsive and addictive behaviors

HOW WILL BEGIN AGAIN INSTITUTE HELP ME?

Since 2008, Begin Again Institute has specialized in helping men heal both their sexually addictive behaviors and rebuild relationships with betrayed partners. Our team of therapists understand this uniquely specialized work and use a model of treatment that incorporates the most current research concerning the neurobiological formation and treatment of sex addiction called TINSA®, or “Trauma Induced Sexual Addiction.” Our approach works to heal the root cause of sexual addiction using trauma-focused treatment methods and teaching clients to have agency over their own recovery and healing.

THE BEGIN AGAIN INSTITUTE CLINICAL TEAM

Specialized trauma and attachment therapists facilitate healing from the devastation caused by sex and pornography addiction. Our team is also uniquely trained to treat this addiction from a science-based, neurological approach. Below are just a few of the therapeutic tools our staff uses:

- TINSA® (Trauma Induced Neurological Sex Addiction)
- Brainspotting
- Internal Family Systems (IFS)
- EMDR (Eye Movement Desensitization and Reprocessing)
- Multidimensional Partner Trauma Model

BEGIN AGAIN INSTITUTE PROGRAM OFFERINGS

The BAI Intensive Treatment Program curriculum is uniquely developed to address the core of this addiction. Working with the most current research in neurobiology, attachment and trauma, our clinical team helps participants discover the “why” of their addictive behaviors. Once the root cause is found and addressed, choice is restored and remission can occur.

The intensity and compression of programming 8-10 hours per day for 14 days allows clients to break through to core issues driving the problematic behavior and frees them to return home to rebuild relationships and continue in a program of successful recovery.

BEGIN AGAIN INSTITUTE PROGRAMS

14-DAY INTENSIVE FOR MEN



Begin Again Institute's 14-Day Intensive Program is a residential treatment program for men suffering from intimacy disorders and sex and pornography addiction. This program includes trauma-focused therapy, treatment from our full clinical staff and 24-hour care.

PARTNER SUPPORT PROGRAM



Begin Again Institute's Partner's Support Program for partners of men in the 14-day intensive uses psychoeducational tools and approaches to help you remove your trauma reactions and build the skills needed to stay free of the immense pain caused by betrayal.



Begin Again Institute's 14-Day Intensive is a residential treatment program for men suffering from intimacy disorders and sex and pornography addiction. This program includes therapy, psychoeducation and experiential treatment modalities, as well as 1:1 sessions with our clinical staff and 24/7 residential support. Our intensives are intentionally small and a closed-group model so that everyone receives individual attention and can share their discoveries with peers, creating a collaborative, vulnerable and transparent experience - the opposite of addictive thinking and behavior.

Additional info:

- 1. *House of Healing:*** Our residential program is located in a Victorian home built in 1860. The house offers over 7,000 square feet of room for clients to explore and find space within their new recovery to make their own.
- 2. *Movement and Healing:*** Our property also offers a Labyrinth to help clients use movement of the body to support their transition into recovery. They're also guided on daily morning hikes at the foothills of the Rocky Mountains.
- 3. *Double Occupancy for Sleeping:*** This arrangement facilitates community, offers opportunities for deeper connection, and allows for the miracle of recovery to happen when the men start to show more vulnerability before and after their day of programming.
- 4. *Mindful Workshop:*** Weekend meditation workshops are offered, allowing the men a space to build on the skills they've learned and practice connecting mind and body.
- 5. *Digital Detox:*** For maximum connection and focus, clients are relieved of their electronic devices for the two-weeks they are in the intensive; with the exception of a 15-minute phone call that occurs on the second Wednesday of the program following the reading of impact letters.



SUPPORT FOR PARTNERS

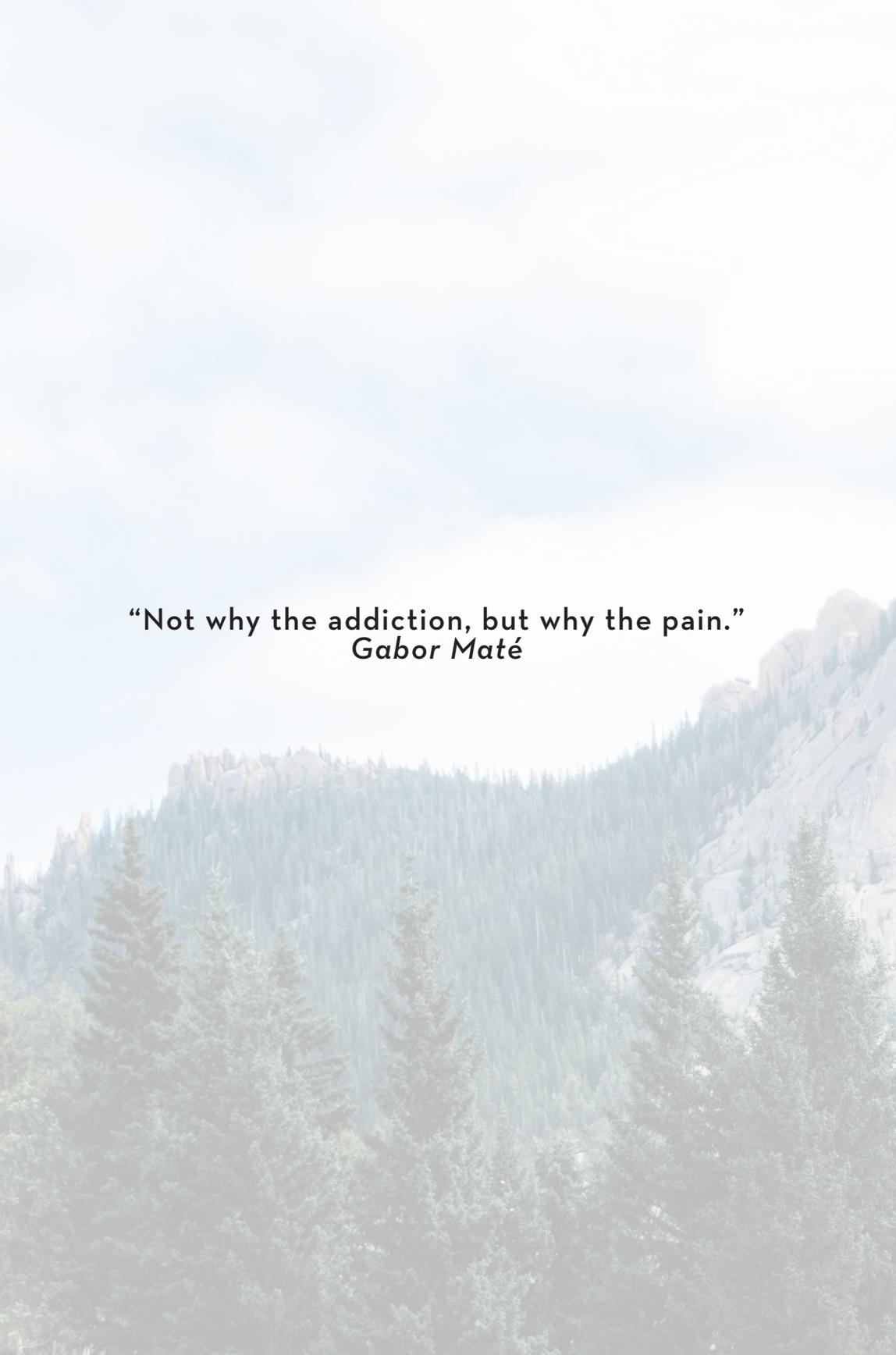
(DURING THE MEN'S 14-DAY INTENSIVE)

Partners no longer have to go it alone while their loved ones are in treatment. Our highly trained, partner-sensitive team offers an innovative program that supports partners before, during, and immediately after the Men's Intensive.

At Begin Again Institute we understand the pain and devastation that infidelity and sexual betrayal creates. Our Partner Support Program offers simultaneous psycho-education and care to the partner of Participants in our BAI 14-Day Men's Sex and Pornography Addiction Intensive. BAI's TINSA® model addresses the trauma of sexual addiction and betrayal using a neurobiological approach. You will learn self-regulation techniques, how to deal with stressors, how to begin to heal from betrayal, how to enhance your self-care, set healthy boundaries and expectations, and find support for your own healing.

Additional info:

1. **Virtual Programming:** The Partner Support Program takes place online over six virtual groups sessions.
2. **Closed Group Model:** The program works in conjunction with the Men's 14-Day Intensive, taking place simultaneously and included at no additional cost. Participants must have a partner enrolled in the 14-Day Intensive to partake.
3. **Daily Support:** Partners are admitted into a private Facebook group and receive daily check-in's from the program facilitator - a licensed Betrayal Trauma specialist.
4. **Resources and Tools:** Partners will receive helpful videos and handouts about trauma, boundaries and healing, learn emotional regulation tools, as hear directly from the Begin Again Institute clinical staff working with their partners in the intensive.

A misty mountain landscape with a dense forest of evergreen trees and rocky peaks under a cloudy sky. The scene is captured in a soft, slightly desaturated tone, giving it a serene and contemplative feel. The foreground is filled with the tops of several large evergreen trees, their needles appearing dark green against the lighter background. In the middle ground, a thick forest of similar trees covers a slope that leads up to a rocky ridge. The sky is filled with soft, grey clouds, and the overall atmosphere is one of quiet solitude.

“Not why the addiction, but why the pain.”
Gabor Maté

EST  2008

BEGIN AGAIN

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