







## Who We Are

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Boulder Recovery is a 14-Day Intensive for men struggling with sex addiction, porn addiction, and relationship issues, and their impact on faith.

The program uses a treatment model called TINSA® (Trauma Induced Sexual Addiction), a neurobiological approach to understanding and healing sexual addiction. The focus of this model is on healing the traumatic experiences and attachment wounds driving the addictive behavior and problematic thinking around sex, limiting the experience of intimacy.

Boulder Recovery uniquely applies the model to treat sexual addiction and intimacy disorders through the lens of Christianity and restoring relationship with the Creator.



## CLINICAL APPROACH

Treatment at Boulder Recovery is an all-encompassing experience that incorporates evidence-based modalities, experiential therapies, and most importantly, connection through community.

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### OUR THERAPIES INCLUDE:

Brainspotting  
Internal Family Systems (IFS)  
Guided Meditation  
Gestalt Techniques  
DBT Techniques  
Psychodrama  
Motivational Interviewing  
Distress Tolerance/Regulatory Skills  
Group Therapy  
Individual Therapy  
Experiential Hikes  
Life Skills  
Closed Group Model  
Relationship Building





## WHAT WE TREAT



INTIMACY DISORDERS



SEXUAL ADDICTION



PORNOGRAPHY ADDICTION



ATTACHMENT WOUNDS



INFIDELITY



PAST EMOTIONAL WOUNDS



COMPULSIVE BEHAVIOR



TRAUMA

## 14-DAY CHRISTIAN INTENSIVE

Boulder Recovery's 14-Day Christian Intensive in Berthoud, Colorado utilizes the TINSAs® model and includes room and board, 24/7 staff on campus, all meals, and transportation from the airport. The focus of this program is healing the traumatic experiences and attachment wounds driving the addictive behavior and problematic thinking around sex, limiting the experience of intimacy. Through a trauma-resolution approach, fractures caused by trauma can be repaired and men can be made whole, returning to, or perhaps discovering for the first time, an authentic relationship with God. Boulder Recovery utilizes a closed-group model limited to 10 men per cohort.



## 5-DAY INTENSIVES

New clients and Alumni of our programs may choose to join any of our innovative and transformative 5-Day Trauma Intensives in Berthoud, Colorado. These intensives work to target and achieve greater resolution and rapid progress in healing psychological, emotional, and spiritual wounds that have manifested in relational stress and compulsive behaviors. Through trauma-focused intensives participants can engage in the surface-to-depth work that allows for a more profound resolution of old wounds. This work creates space to engage in present relationships and opportunities for authenticity and renewed hope.

## 3-DAY COUPLES INTENSIVES

Ideal for new program participants, or Alumni of the 14-day intensive, Boulder Recovery 3-Day Couples Intensives are designed to help disconnected couples overcome personal barriers that stand in the way of a healthy and thriving relationship. The intensives include 5-hour daily therapy sessions with our highly specialized clinical team. This trauma-focused work utilizes a neurobiological approach to understand past emotional wounds and relational needs.





## PARTNER SUPPORT PROGRAM

Betrayal trauma experienced by the partners of those suffering from sexual addictions and intimacy disorders cannot be overlooked in the pursuit of healing and recovery. Therefore, addressing and treating betrayal trauma is integrated in our 14-Day Intensive Program.

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Partner Support Programming is done virtually and is included in Boulder Recovery's 14-Day Intensive Program at no additional cost.

### **The Program Includes:**



Participation in a transformative 'partner damage letter' session with their spouse in treatment



Psychoeducation and care from a betrayal trauma specialist



Group sessions with other participants in the program



Daily support and check-ins from the program facilitator

In this virtual program, the partner will learn self-regulation techniques, how to deal with stressors, how to begin to heal from betrayal, how to enhance self-care, set healthy boundaries and expectations, and find support for their own healing.



## DISCLOSURE COACHING

Disclosure Coaching at Boulder Recovery is for couples looking to pursue their disclosure in a structured and streamlined manner, knowing they are getting support, guidance, and insight from a skilled team to move them towards healing, safety, and trust.

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The clinical team has developed an organized yet customizable disclosure coaching structure. A disclosure coach is assigned to each partner that will guide them through the process, ensure therapeutic and fruitful outcomes, and allow the couple to complete a disclosure in a timeframe that is well within reach.





# ALUMNI PROGRAM

The Alumni Program is for graduates of Boulder Recovery intensives and other men's intimacy disorders programs in our treatment center family, including Begin Again Institute and Integrative Life Center. Recovery is a lifelong journey and without the support of community, it can be a daunting task to put in the necessary work that leads to long-term success.

The Alumni Program helps to support clients long after leaving treatment. Tools and resources along with the accountability in community help our clients continue on a path to becoming the best version of themselves. Our goal is to continue to be a part of the journey and support everyone who comes through our doors in any way that fosters healing and growth.



## CONTINUED CONNECTION

Follow-up phone calls with our Alumni Relations team.



## MONTHLY NEWSLETTER

Alumni receive monthly email newsletters.



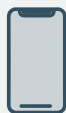
## SUPPORT GROUPS

Virtual 12-step meetings that allow clients to continue to connect with staff and peers.



## EVENTS

Alumni events and gatherings that include swag and giveaways.



## ALUMNI APP

ILN's Alumni App is accessible for Alumni to receive current updates, resources, upcoming events and a supportive community.



## AMBASSADOR PROGRAM

The Ambassador Program serves as a way to stay involved and advocate for our programs to prospective clients and their families.

***“The struggle is where God is.”***

*- T.C. RYAN, ASHAMED NO MORE*



# NOTES



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**Boulder Recovery is a part of Integrative Life Network**

Integrative Life Network is the premier family of treatment centers for trauma, mental health, substance use and intimacy disorders. The thread that weaves us together is heart-centered, whole-person healing. We believe a person is not defined by past traumas or behaviors and lasting recovery is available to anyone who walks through our doors.