

EST



2008

BEGIN AGAIN

I N S T I T U T E





Who We Are

Since 2008, Begin Again Institute has established a proven track record of helping men heal from their sexually addictive behaviors, and rebuild relationships with loved ones. Begin Again Institute specializes in intensive treatment for intimacy disorders, sex addiction, and pornography addiction.

We are one of the longest-standing treatment centers in the U.S. helping men achieve real healing and lasting recovery. Our cutting-edge clinical approach has successfully treated hundreds of men facing the devastation caused by trauma and addiction. Additionally, we are one of the only centers to offer a virtual Partner Support Program that runs alongside our men's intensives at no additional cost.



CLINICAL APPROACH

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

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

OUR PROGRAMS

Programming at Begin Again Institute (BAI) is highly specialized and unique to any other treatment program for sexual addiction and intimacy disorders. Using the TINSAs[®] model to treat the root cause of addiction from a neurobiological perspective, clients will experience an intense and accelerated journey through healing.

14-DAY INTENSIVES

In the 14-Day Intensive at BAI we base treatment on accountability and a rigorous framework for healing. Participants will uncover and understand how their life and relationships are being impacted by unhealthy sexual behaviors. Intensives include room and board, 24/7 staff on campus, all meals, and transportation to and from the airport. Clients receive trauma-focused treatment from a team of specialized therapists in a closed-group setting limited to 10 men per cohort. The private campus in Berthoud, Colorado includes a sizeable historic home with group rooms and private offices where therapeutic work is conducted.



14-DAY CHRISTIAN INTENSIVES

Boulder Recovery is Begin Again Institute's faith-based intensive program. Like our original 14-Day Intensive, Boulder Recovery utilizes the TINSAs[®] model and includes room and board, 24/7 staff on campus, all meals, and transportation to and from the airport. The focus of this program is on 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.

28-DAY RESIDENTIAL

For men seeking a higher level of care than our 14-Day Intensives, the Men's Residential Intimacy Disorders Program in Nashville, Tennessee offers the same specialized, trauma-focused approach to treatment, but with an extended 28-day curriculum. Our clinicians help clients understand how the brain became disordered through early developmental trauma experiences, which, in turn, predisposes them to compulsive thinking and behaviors around sex, pornography and relationships.



3-DAY PERSONALIZED INTENSIVE

Begin Again Institute provides a 3-Day Personalized Intensive Program designed to help those suffering from compulsive sexual behaviors and intimacy disorders. Clients will participate in five hours of treatment each day including one-on-one brainspotting sessions

with a skilled clinician, and depart with a 90-day recovery plan that will allow them to apply the work done at BAI to their everyday lives in order to maintain therapeutic progress. While each day is planned, the structure of the 3-day intensive is flexible to accommodate the client's learning pace, and tailored to meeting their individual needs regardless of where they currently stand in their recovery.

3-DAY COUPLES INTENSIVES

Ideal for new program participants, or Alumni of any of our longer intensives, Begin Again Institute 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 each of our programs – whether it be a 14-Day intensive or 28-Day residential stay.

Partner Support Programming is done virtually and is included in all Begin Again Institute programs 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 Begin Again Institute 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.

The BAI 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

Our dedicated Alumni Program is for graduates of our 14-day intensives at Begin Again Institute and Boulder Recovery, and our 28-day intimacy disorders residential program at 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.



CONTINUING CARE

Continuing Care at Begin Again Institute is an ongoing membership group for Alumni. The program includes weekly virtual meetings facilitated by one of our primary therapists.

The meetings offer continuing support, accountability, and psychoeducation, which aim to help alumni implement the skills and work they've done in their respective programs. Members will continue learning and expanding their TINSAs® knowledge as they grow in their recovery.



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Begin Again Institute is a part of Integrative Life Network.

Integrative Life Network (ILN) is the premier family of privately owned treatment centers for Trauma, Mental Health, Substance Use, Eating Disorders, and Intimacy Disorders. ILN provides a full continuum of care, from Residential through Intensive Outpatient (IOP), as well as Intensives and Aftercare, in our programs throughout Tennessee, New Mexico, Vermont and Colorado. We believe a person is not defined by past traumas or behaviors and lasting recovery is available to anyone who walks through our doors.