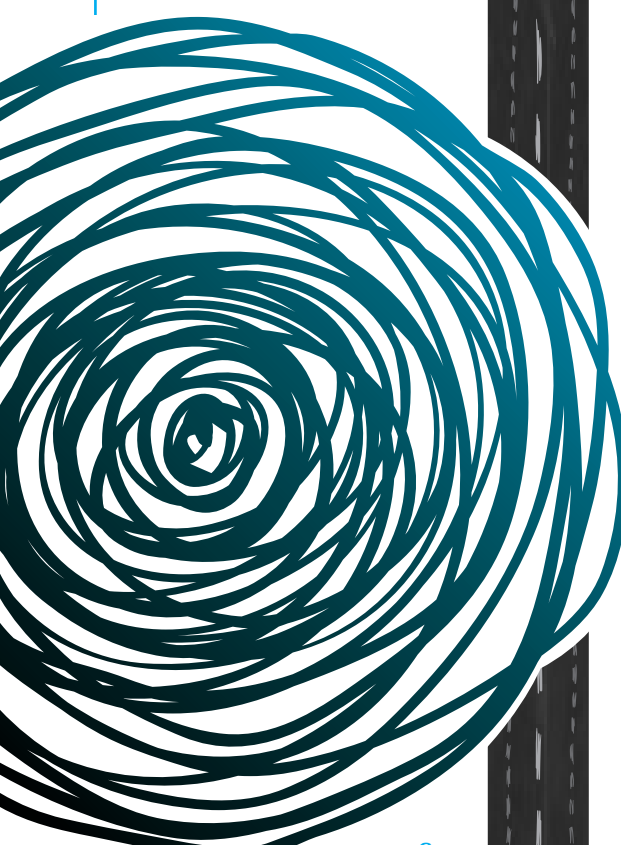


SPRING/SUMMER 2017 • Sessions Start SOON!



GROUP COACHING SUPPORT for
Divorced & Divorcing Partners of Sex Addicts

AVENUE D:

“The Road Through
Debridement”

for women who have experienced —
or are currently experiencing—a divorce from their sex addict partners, life becomes a process of personal debridement.

Physically speaking, Wikipedia defines **debridement** as:

“the medical removal of dead, damaged or infected tissue, to improve the healing potential of the remaining healthy tissue.”

In a conceptual sense, those words accurately capture, in black and white, the extreme and heroic experience of women whose marriages do not survive the trauma of sex addiction.

In a literal sense, even the word debridement suggests a powerful message. Break it into three equal parts, and you’re left with a sobering statement:

[de]	a prefix used to indicate a removal, a separation, a negation, a descent or a reversal
[bride]	a betrothed or married woman
[ment]	a concrete suffix, denoting an action or resulting state.

As a divorce recovery coach—and as a woman who survived my own divorce, following my first husband’s infidelity and abandonment—these two interpretations strike me profoundly. By the time a woman reaches the end of her life with a sex addict, she’s undergone an excruciating process of debridement and “de-bride-ment,” often becoming an antithesis of the woman who once entered into that relationship. She might be relieved, excited, terrified or overwhelmed. But whatever her feelings, she knows that this new reality is something that old ways of doing and relating don’t accommodate.

Staring down this road of debridement and de-bridement, she bravely dares to wonder:

“Where will I be when this marriage is dissolved?”

For those very women, who courageously ask that question...

THIS GROUP IS FOR YOU.

with
**CRYSTAL RAE
MORRISSEY**

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach
CPLC, CDRC, CCRC

- Certified Partner Coach
APSATS CPC

Trained via
**THE ASSOCIATION OF
PARTNERS OF SEX ADDICTS
TRAUMA SPECIALISTS**
and
**IMPACT COACHING
ACADEMY**

Member of the **International
Coach Federation**
and **National Association
of Divorce Professionals**

**WOMEN
ever
after**

call or text me! 310.415.3614
email: crystalmor@mac.com
website: womeneverafter.com



AVENUE D: "The Road Through Debridement"

**GROUP COACHING SUPPORT FOR
Divorced & Divorcing Partners of Sex Addicts**

CRYSTAL RAE MORRISSEY
310.415.3614 + crystalmor@mac.com
womeneverafter.com

the details

what Avenue D is a 4 month COACHING SUPPORT GROUP, created to provide a safe and validating peer environment for women who are divorced (or in the process of divorce) from their sex addict spouses. Unlike other programs that concurrently support ALL partners of sex addicts, regardless of their relationship status, this group will focus EXCLUSIVELY on the needs of divorced and divorcing partners—the unique challenges involved in the divorce process, combined with new aspects of living independently beyond the relationship with a sexually addicted spouse. Avenue D is designed to supplement (not replace) primary treatment for women traumatized by their partners' compulsive sexual behaviors. Participants are encouraged to pursue foundational support resources, like therapy, counseling, coaching, spiritual direction, mentoring, sponsorship, etc.

BONUS! Avenue D now includes 4 solid months of online peer and coaching support, in a safe, private, facilitated Facebook group reserved exclusively for Avenue D participants. This enables group members to support one another conveniently during the week. Via this online space, participants also receive weekly check-in questions and journaling prompts (responses optional), and bonus material related to the topic of each week's live coaching session.

why Women who experience a divorce from their sex addict spouses have UNIQUE NEEDS for group support—needs that are not always met within the broader population of SA partners. As a divorce recovery coach, I've encountered a growing number of clients who are struggling to "fit in" within traditional, peer-populated environments. Within these inclusive groups, some divorced/divorcing partners eventually experience a subtle-yet-significant sense of isolation from the group-at-large. They experience a deepening of their personal pain, as a direct (albeit unintended) result of repeated exposure to "success stories" shared by reconciled and/or reconciling spouses.

who Avenue D is designed for women who are divorced or divorcing partners of sex addicts. Because it's intended to be a complimentary (not comprehensive) resource for healing, Avenue D is open to women who: (a) have been impacted by their partners' infidelity, pornography, secrets and/or sex addiction; (b) are actively engaging another primary resource for individual support; (c) are emotionally stable-yet-still-suffering in the aftermath of discovery, disclosure and/or divorce; (d) are ready, able and willing to participate interactively, to share their experiences within a small, safe and empathetic group of other divorced/divorcing spouses of sex addicts.

when **SPRING/SUMMER 2017!** Exact session dates and times to be determined. Priority scheduling consideration will be given to the first two registered participants. (Contact me to for scheduling status.) Coaching sessions will be scheduled 3 out of every 4 weeks, with one week "off" per month.

where Avenue D is a virtual coaching group, connecting women from across the continent. Our live coaching sessions will meet via Zoom (audio call or video chat, depending upon group preferences and consensus).

how If you're interested in joining us, please complete the Participant Information form on PAGE 4. For more details, please email me (crystalmor@mac.com), call me or text me (310-415-3614).

size Each group will be limited to 3 (minimum) or 5 (maximum) participants.

cost **\$600 for 12 two-hour sessions (\$50 per session).** Payable in 3 installments of \$200 each. \$200 deposit required to reserve your space. Limited scholarship assistance is available; if you need it, please ask!



AVENUE D: "The Road Through Debridement"

GROUP COACHING SUPPORT FOR
Divorced & Divorcing Partners of Sex Addicts

CRYSTAL RAE MORRISSEY
310.415.3614 + crystalmor@mac.com
womeneverafter.com

GROUP TOPICS

Please note: This outline is for preliminary planning only. Final topics and schedule may be adjusted, based on the needs of specific group members.

- SESSION 1 . . . Discovery Day: The Beginning of the End**
How did sex addiction show up in my life and in my marriage?
- SESSION 2 . . . Divorce: The "D" Word:**
How did I decide to divorce—or, how was my divorce decided for me?
- SESSION 3 . . . Disintegration? Disconnection? Detachment?**
How do I relate to my ex husband? How do I renegotiate my role within this relationship?
- SESSION 4 . . . Detailing the Damage: Each Loss Counts**
What have I lost in this whole experience? Which of those losses are temporary, and which are permanent?
- SESSION 5 . . . Death Spiral: The Grief Goes Deep**
How am I experiencing the different kinds (and stages) of grief, in response to my divorce?
Have I given myself permission to grieve? Have other women witnessed and understood my grief?
- SESSION 6 . . . Divorcing Homes, Divided Hearts**
How is this divorce affecting my children, my parents, family relationships and friendships?
- SESSION 7 . . . Does Divorce Equal Failure?**
His? Mine? Ours? If my marriage failed, what does that say about me?
- SESSION 8 . . . Discovering Me—Who Am I, Anyway?**
What's my identity in the aftermath of this experience? Who am I? Who do I want to be?
- SESSION 9 . . . Date Night? Yes? No? Maybe? Someday? Never?**
How has this divorce impacted my concepts of sex, intimacy and womanhood?
Where am I at (or not at) with the idea of future love, romance and relationships?
- SESSION 10 . . . Dreamgirls: Designing Our New Lives**
What kind of post-divorce life do I want—and how do I get there?
- SESSIONS 11/12 Two bonus sessions address** topics chosen by the participants. Common requests include boundaries, closure, decision making, fears, financial stability, the legal system, parenting, self-care and self-esteem.

INTERESTED?

IF SO, I'M EAGER TO CONNECT WITH YOU! Please contact me ASAP to let me know you want to join the group.

There's not a lot of time between now and our projected start date, so the sooner you get in touch with me, the higher the likelihood we'll still have space. **When I receive your email, I'll reply to it personally and directly,** with an update on space and scheduling, plus a brief participation assessment.

Please take a moment to complete the information outlined on the following page. This information will help me determine if you're a good fit for the group. It will also help me clarify the greatest needs of all participants, enabling me to tweak the format in ways that meet the most needs for the most members.

Depending on your computer hardware and software, you may be able to type directly into the editable form fields, resave the file, then email it back to me. OR, you can print this page and write in your answers, then scan (or photograph) the page and email the image back to me. **Whichever way you complete and return the form, the important thing is that we get the ball rolling.** If you encounter any technical difficulties, please shoot me a text, call or email. We'll figure it out together.

Upon confirmation, I'll ask all group participants to read, sign and return my coaching agreement form. You can preview my coaching agreement (AND learn more about me and my coaching style) on my website, www.womeneverafter.com.



PARTICIPANT INFORMATION:

All information is optional AND confidential.
COMPLETE AND SEND TO: CRYSTAL RAE MORRISSEY
310.415.3614 | crystalmore@mac.com | womeneverafter.com

Name: _____ Email: _____
 Street Address: _____ City, State, Zip: _____
 Phone: _____ Time Zone: _____ Age: _____
 Best TIME to reach me: _____ Best WAYS to reach me: _____

★ What is the EARLIEST START DATE I could join this group: _____

I could participate at THESE days and times: (Please check all that apply)

- | | | | | |
|---|--|--|---|---|
| <input type="checkbox"/> Monday Morning | <input type="checkbox"/> Tuesday Morning | <input type="checkbox"/> Wednesday Morning | <input type="checkbox"/> Thursday Morning | <input type="checkbox"/> Friday Morning |
| <input type="checkbox"/> Monday Afternoon | <input type="checkbox"/> Tuesday Afternoon | <input type="checkbox"/> Wednesday Afternoon | <input type="checkbox"/> Thursday Afternoon | <input type="checkbox"/> Friday Afternoon |
| <input type="checkbox"/> Monday Evening | <input type="checkbox"/> Tuesday Evening | <input type="checkbox"/> Wednesday Evening | <input type="checkbox"/> Thursday Afternoon | <input type="checkbox"/> _____ |

I'm currently receiving support from: (Please check all that apply)

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> individual therapy | <input type="checkbox"/> group therapy | <input type="checkbox"/> couples therapy | <input type="checkbox"/> family therapy |
| <input type="checkbox"/> individual coaching | <input type="checkbox"/> group coaching | <input type="checkbox"/> couples coaching | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> twelve step meetings | <input type="checkbox"/> sponsorship | <input type="checkbox"/> faith-based recovery | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> spiritual direction | <input type="checkbox"/> spiritual counseling | <input type="checkbox"/> family therapy | <input type="checkbox"/> other _____ |

- I AM:** divorced divorce in process preparing to divorce other _____
I HAVE: no children young children grown children other _____

How long have I known about my partner's sex addiction? _____

How would I describe where I'm at in my divorce process? _____

Why am I interested in joining Avenue D? _____

Do I have hesitations about joining the group? If so, what are they? _____

Is there anything else I'd like you to know about me? _____

At this point in my divorce, what benefits of group coaching support do I want or need most?

What topics do I most want (or need) to explore? (Please check your top 3-5)

- | | | |
|---|---|--|
| <input type="checkbox"/> accountability | <input type="checkbox"/> feedback from post-divorce partners | <input type="checkbox"/> sex, intimacy and womanhood |
| <input type="checkbox"/> action steps | <input type="checkbox"/> fun | <input type="checkbox"/> shared/single parenting |
| <input type="checkbox"/> acceptance | <input type="checkbox"/> grief work | <input type="checkbox"/> singleness |
| <input type="checkbox"/> boundaries | <input type="checkbox"/> guilt | <input type="checkbox"/> transitional support |
| <input type="checkbox"/> career fulfillment/advancement | <input type="checkbox"/> new relationships | <input type="checkbox"/> validation |
| <input type="checkbox"/> cheerleading—affirmation and celebration | <input type="checkbox"/> objectivity | <input type="checkbox"/> vision for my future |
| <input type="checkbox"/> communication roleplay | <input type="checkbox"/> progress measurement tools | <input type="checkbox"/> writing assignments and journal prompts |
| <input type="checkbox"/> creativity | <input type="checkbox"/> protection from self-denial | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> decision making | <input type="checkbox"/> physical health and wellness | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> denial | <input type="checkbox"/> reality checks | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> facing fear | <input type="checkbox"/> rebuilding | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> feelings | <input type="checkbox"/> resources that others find helpful | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> friendships with other divorced women | <input type="checkbox"/> self-awareness and self-discovery | |
| <input type="checkbox"/> feedback from coach | <input type="checkbox"/> self-care—motivation and experimentation | |
| <input type="checkbox"/> feedback from currently divorcing partners | <input type="checkbox"/> self-esteem | |