



# DreamGirls 2017

GROUP COACHING SUPPORT for DIVORCED, DIVORCING and/or SEPARATED Partners of Sex Addicts

"Every woman deserves healthy relationships. She deserves to integrate with others, connecting in ways that are neither self-subsisting (isolated) nor codependent (enmeshed). She deserves to practice healthy relationships at her own pace, within environments that empathize with the complexity of human experience."

—From *Eleven Words for Women Ever After* by Crystal Rae Morrissey

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**



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website: [womeneverafter.com](http://womeneverafter.com)



NEW!  
Featuring material written by **Heather Plett**

## "the SPIRAL PATH a woman's journey to herself"

### 6-MONTH SUPPORT GROUP for "POST-SA" WOMEN—

Women who are healing independently, moving beyond the trauma of their FORMER partners' "S" issues: infidelity, pornography, secrets and/or sex addiction.

**APRIL–SEPTEMBER 2017 • Reserve Your Spot ASAP!**

**what** ..... **DREAMGIRLS 2017 is a 6-month coaching support group (22+ sessions) for women who are starting over and designing new lives, moving beyond the trauma of relationships impacted by "S" issues—infidelity, pornography, secrets and/or sex addiction. Its purpose is to validate, inspire and empower women navigating life "on the other side" of intimate betrayal.** This group will NOT focus on the first two stages of trauma recovery (safety and stabilization, remembrance and mourning). Rather, DREAMGIRLS is designed to support women during the third and ongoing stage of trauma recovery (reconnection)—those ready to "reengage" themselves and others, all within a safe, comforting and trauma-sensitive environment.

Each live weekly group support session (90–120 minutes) includes three parts: (a) All participants will "checkin" to address current feelings, mid-week challenges, recent self-care and progressive milestones. (b) Weekly lesson (from Heather Plett's *The Spiral Path—A Woman's Journey to Herself*), invites participants to explore relevant questions, exchange supportive feedback and share creative exercises for that week's topic. (c) Participants "checkout" with closing affirmations, top takeaways and self-care commitments.

**BONUS! DreamGirls now includes a safe, private and moderated Facebook group, reserved exclusively for DG2017 participants.** This enables group members to support one another conveniently during the week.

**who** ..... **DREAMGIRLS is open to all women who have ENDED a relationship impacted by their intimate partners' "S" issues—infidelity, pornography, secrets and/or sex addiction.** This coaching group will support a mixed demographic, supporting women in various stages of life, faith, family, healing, career, geography and relationships.

**why** ..... **Group healing is GOOD healing!** Due to the uniquely personal nature of these issues, we often feel acutely and intolerably ALONE. This is especially true when local support is limited or nonexistent. As women, we rarely heal from betrayal trauma independently (isolated from others). On the contrary, we usually heal mutually (in concert with others) through friendship, relationship and community.



**when** ..... **APRIL thru SEPTEMBER 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 7 out of every 8 weeks, with one week "off" per month.

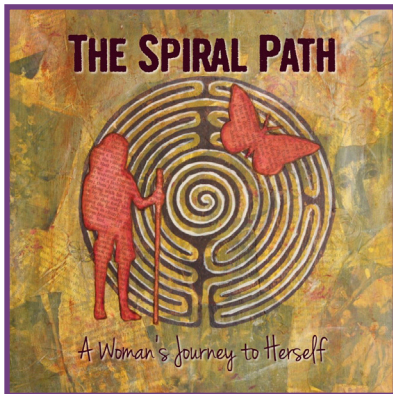
**where** ..... **DREAMGIRLS is a virtual coaching group, connecting women from across the continent.** Our live coaching sessions will meet via Zoom (audio call or video chat, depending upon individual preferences and group consensus).

**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 6 (maximum) participants.**

**cost** ..... **\$100 per month for 6 months (approximately \$25 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!

**materials** ..... **IMPORTANT!!! Each participant MUST purchase her own copy of *The Spiral Path* curriculum (all 21 lessons) directly from Heather Plett.** Cost is approximately \$40-65 USD, depending upon whether or not you choose to purchase a *TSP* journal for your creative exercises. (I love mine!) NOTE: When you pay your deposit, I'll send you a 10% discount code for your *TSP* purchase.



Each week's lesson includes (a) creative prompts—something graphic or artistic that relates to the theme of the lesson, (b) journaling prompts—questions that go deep to the heart of each week's topic, and (c) embodiment prompts—some kind of movement-based activity, perfect for those of us who are working to release old trauma from our physical bodies.

Sometimes  
**WE GET LOST.**  
This course will  
help you come  
back to yourself.

—HEATHER PLETT —

## THE SPIRAL PATH = 21 Lessons

### APR + MAY ..... **RELEASING**

- WEEK 00 ..... Group Introductions
- WEEK 01 ..... Release your need to control the outcome
- WEEK 02 ..... Release the expectation of a straight path
- WEEK 03 ..... Release your old stories
- WEEK 04 ..... Release your fear
- WEEK 05 ..... Release "what other people think of you"
- WEEK 06 ..... Release your tears
- WEEK 07 ..... Release what no longer serves you

### JUN + JUL ..... **RECEIVING**

- WEEK 08 ..... Receive the gift of darkness
- WEEK 09 ..... Receive stillness
- WEEK 10 ..... Receive healing
- WEEK 11 ..... Receive the sacred
- WEEK 12 ..... Receive your curiosity
- WEEK 13 ..... Receive your divine assignment
- WEEK 14 ..... Receive what you need for the journey

### AUG + SEPT ..... **RETURNING**

- WEEK 15 ..... Return with generosity and patience
- WEEK 16 ..... Return with your authenticity
- WEEK 17 ..... Return with the sacred
- WEEK 18 ..... Return with your power
- WEEK 19 ..... Return with your original medicine
- WEEK 20 ..... Return with your courage
- WEEK 21 ..... Return with your open heart and ready feet
- WEEK 22 ..... Group Closing

For more details about *The Spiral Path*, visit [www.heatherplett.com](http://www.heatherplett.com)

## INTERESTED?

**IF SO, I'M EAGER TO CONNECT WITH YOU! Please contact me ASAP to let me know you want to join the group.** 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. 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](http://www.womeneverafter.com).


# DreamGirls 2017

## 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  separated  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/separation process?** \_\_\_\_\_

**Why am I interested in joining DreamGirls 2017?** \_\_\_\_\_

**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 life, 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                              |  |