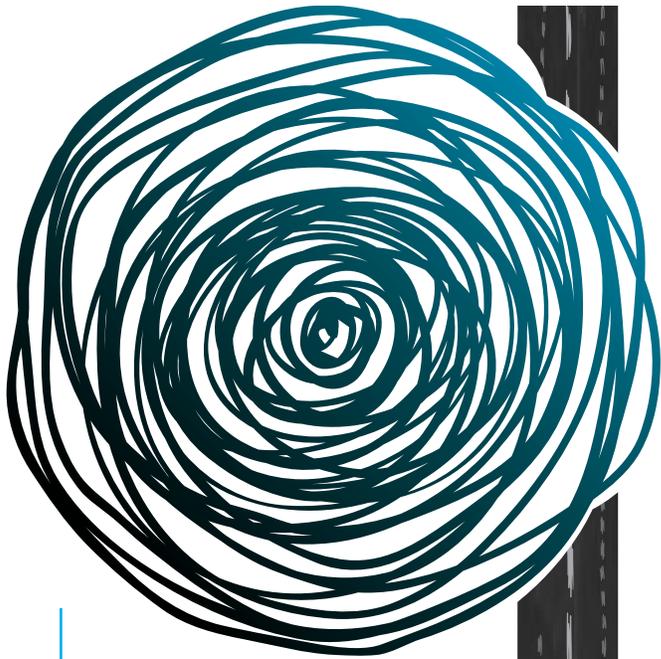


NEW COHORTS starting SUMMER 2021



with **GAELYN RAE
EMERSON**

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach
CPLC, CDRC, CCRC
- Certified Partner Coach
APSATS CPC
- Professional Certified Coach
PCC, International Coaching
Federation

• Trained via
**The Association of Partners of
Sex Addicts Trauma Specialists,
The Society for the Advancement
of Sexual Health, High Conflict
Institute and The Gottman Institute**

and guest coach
JACKI ELSOM

- Life Coach, Certified Peer
Facilitator and Certified
Partner Coach (candidate)
APSATS CPC-c



call or text me! 310.415.3614
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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 veteran divorce recovery coach—and as a woman who has survived divorce twice, each time in the aftermath of my then-husband's sexual betrayal 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-bridge-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 her new reality will be nothing like the one that preceded it.

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.



AVENUE D:

GROUP COACHING SUPPORT FOR
Divorced, Divorcing & Separated Partners of Sex Addicts

“The Road Through
Debridement”

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the details

what **Avenue D is a 4-month, topic-based COACHING SUPPORT GROUP, created to provide a safe and validating peer environment for women who are divorced, divorcing or permanently separated from their sex addict partners or 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, divorcing or permanently separated women—the unique challenges involved in the **process of dissolving an intimate partnership**, combined with **new aspects of living independently** beyond that relationship with a sexually addicted loved one. *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.

why **Women who experience divorce or permanent separation often have UNIQUE NEEDS for group support—needs that are not always met within the broader population of support groups designed for spouses of sex addicts.** As a long-time certified divorce recovery coach working exclusively within the field of relational trauma, I’ve focused my work toward those who feel they no longer “fit” within traditional, peer-populated environments—both at and beyond the points when it becomes obvious that their relationships cannot “recover.” Within these traditional, all-inclusive support groups, divorcing partners often experience a subtle-yet-significant sense of isolation from the group-at-large. They experience a deepening of their personal pain, the 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, divorcing or permanently separated partners of sex addicts. This also includes women who have experienced sexual betrayal in any significant way.** 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 commit to all twelve sessions, and to share their experiences within a small, safe and empathetic group of other divorced/divorcing spouses of sex addicts.

when **THREE NEW COHORTS STARTING IN AUGUST 2021**
Exact session dates and times to be determined. Please email me for scheduling status:
gaelynrae@womeneverafter.com

where **Avenue D is a virtual coaching group, connecting women from around the world—literally!** Our live coaching sessions will meet via Zoom, allowing individuals to participate via phone (audio only) or video, depending upon your personal preference.

size **Each group will be limited to 3 (minimum) or 6 (maximum) participants.**

cost Session fees for Avenue D are **\$75 per session** (\$900 total), payable in three payments of \$300 each. A non-refundable \$300 deposit is required to reserve your space, and no refunds are given for non-participation. Limited scholarship assistance is available; if you need it, please ask!



how **INTERESTED IN JOINING US?** Please contact me via email (gaelynrae@womeneverafter.com) or visit my website (womeneverafter.com) to submit a preliminary online inquiry form.



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“The Road Through Debridement”

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 . . . From Discovery to Debridement

Where am I currently at in my journey to and through “debridement?”
Do I have what it takes to survive this process?
What are my deepest hopes, fears and needs as I embark on this journey?

SESSION 2 . . . Divorce: The “D” Word

How did I reach this decision to divorce—or how was that decision made for me?

SESSION 3 . . . From Distortion to Destruction: The Spectrum of Abandonment, Abuse and Trauma

What exactly are we dealing with, here?

SESSION 4 . . . Disintegration? Disconnection? Detachment?

How do I relate to my ex husband? How do I renegotiate my role within this relationship?

SESSION 5 . . . Divorcing Homes, Divided Hearts

How is this divorce affecting my children, my parents, family relationships and friendships?

SESSION 6 . . . Does Divorce Equal Failure?

His? Mine? Ours? If my marriage failed, what does that say about me?

SESSION 7 . . . Divorced Womanhood

How has this divorce impacted my concepts of sex, intimacy and female identity?

SESSION 8 . . . 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 9 . . . 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 10 . . . 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 11 . . . Discovering Me + Dreaming New Dreams

What’s my identity in the aftermath of this experience? Who am I? Who do I want to be?
What kind of post-divorce life do I want—and how do I get there?

SESSION 12 . . . Determining Closure: Reframe and Reclaim

How do I deal with photos, rings, keepsakes and anniversaries?
How can I commemorate this transitional journey of debridement?

THEN WHAT? What happens after Avenue D ends?

Many of my clients who complete *Avenue D* take a short break to absorb and metabolize everything they’ve explored on our journey—then choose to continue working with me either (a) individually on an as-needed basis, or (b) in my long-term, twice-weekly, open-topic support group, ***DreamGirls: Designing Our New Lives***, exclusively for divorced, divorcing and permanently separated partners of sex addicts. Though I recommend *Avenue D* as an important foundational exercise for divorcing women, ***DreamGirls*** is also open to women who have NOT first worked with me via Avenue D. **Please contact me for more information!**