

# Faithful & True

## Referral Resources

If you are unable to use the resources at Faithful & True, we would like to offer some suggestions for free resources or insurance-supported counseling pertaining to sex addiction. This is not an exhaustive list, but at least a start for those needing immediate help.

### **Minneapolis/St. Paul area:**

**Eagle Brook Church**, White Bear Lake, MN Campus: **Quest 180** is a recovery-based program that offers weekly support groups for sex addicts and partners. <http://eaglebrookchurch.com/media-resources/pastoral-needs/addictionrecovery>

Check with other local churches for any support groups they may offer.

The following are area therapists who have participated in a leadership position at Faithful & True Intensive Workshops for both male sex addicts and their partners and who provide insurance-based counseling at their prospective counseling centers:

Peg Roberts, LMFT, Spirit of Hope Counseling Center, Minnetonka, MN 952-546-5565

Tom Graska, LMFT, Woodcrest Counseling, Shoreview, MN 763-753-1785

Rich Graska, LMFT, Pathways Psychological Services, Golden Valley, MN 763-525-8590

### **Finding help locally and nationally:**

**LIFE Recovery International** ([www.freedomeveryday.org](http://www.freedomeveryday.org)) has many church-based support groups for sex addiction. They use a workbook for men that was written by Mark Laaser and upon which all other workbooks they use are based. For that reason, the material used is consistent with what we teach at Faithful & True. Check their web site for any area groups.

**The Men of Valor Program** is a weekly podcast on **faithfulandtrue.com**: Dr. Mark Laaser along with co-host Randy Evert have produced over 100 – 30 minute shows presenting topics regarding sex health and addiction recovery. This is a free program and can be accessed online at [faithfulandtrue.com](http://faithfulandtrue.com) (select MOV Radio tab) or on iTunes (Men of Valor Radio Show).

In both Debbie's book, *Shattered Vows* (pages 69-70) and Mark's book, *Healing the Wounds of Sexual Addiction* (pages 234-236), they discuss some of the questions you may want to ask any professional you are interviewing for help. Not all professionals are trained to be helpful with sexual addiction recovery.

**Psychologytoday.com** is a web site with numerous therapists/counselors and psychiatrists listed along with their specialties and fee structures. Those listed on this site have paid for being included.

**AACC.net** (American Association of Christian Counselors) offers referrals for therapists under "Find a Counselor" on their web site. You will want to interview any potential professional to determine if they are trained or work consistently with sexual addiction.