

# SEX ADDICTION

## 12-Day Intensive Sex Addiction Boot Camp

### Trauma-Focused Sex Addiction Treatment Using Somatic Experiencing™

The Blue Tiger Recovery staff, which includes Certified Sex Addiction Therapists, have excellent reputations as premier sex addiction treatment providers. We have accomplished this through many years of helping turn despair, shame and secrecy into hope, intimacy and recovery.

The Blue Tiger Two-Week Intensive Boot Camp Program is designed as an alternative to traditional residential programs. It is thorough, but considerably less expensive and less time consuming than a traditional residential program. Our Partial Hospitalization Program provides safe and secure housing for our clients while they are in treatment providing the “residential” experience. The Boot Camp group living experience provides safety, group bonding and structure, all of which enhance the therapeutic experience, but at less than half the cost.

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	9:00 AM	Orientation	Medical Review				
	10:00 AM	Group Check-in	Group Check-in	Group Check-in	Group Check-in	Group Check-in	
	10:45 AM	Sex Addiction 101	Sexual Acting Out Cycle	Distorted Thinking	Grief & Loss	Art Exercise	Timeline
	12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	
	1:00 PM	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall	
	2:00 PM	1 on 1	1 on 1	1 on 1	1 on 1	1 on 1	
	3:15 PM	Recovery Resources Circle Plan	Vulnerability Core Beliefs	Timelines	Daring Way – Shame/Guilt	Somatic Outline	
	4:30 PM	Group Wrap Up	Group Wrap Up	Group Wrap Up	Group Wrap Up	Group Wrap Up	
	7:00 PM	AA Meeting	SAA Meeting	CMA Meeting	SLAA Meeting	AA Meeting	Pleasure Unwoven

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 2	10:00 AM	Group Check-in	Group Check-in	Group Check-in	Group Check-in	Group Check-in	
	10:45 AM	The 12 Steps	Mindfulness	Aftercare Plan	Relapse Prevention	Art Exercise	
	12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	
	1:00 PM	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall	
	2:00 PM	1 on 1	1 on 1	Group – DBT	1 on 1	Closing Lunch with Terry	
	3:15 PM	Daring Way – The Arena	Recovery Kit The Arena	Group – DBT	Shame Triggers	Into Action Closing	
	4:30 PM	Group Wrap Up	Group Wrap Up	Group Wrap Up	Group Wrap Up		
	7:00 PM	AA Meeting	SAA Meeting	CMA Meeting	SLAA Meeting		