

## **Intensive Treatment Centers**

There are times when weekly therapy and 12 steps meetings are not enough to help you heal from your hypersexual and/or compulsive sexual behaviors.

To gain greater self awareness and healing there are some excellent programs that specialize in treating problematic compulsive sexual behaviors as described in the DSM5.

‘Compulsive sexual behavior disorder is characterized by persistent and repetitive sexual impulses or urges that are experienced as irresistible or uncontrollable, leading to repetitive sexual behaviors, along with additional indicators such as sexual activities becoming a central focus of the person's life to the point of neglecting health and personal care or other activities, unsuccessful efforts to control or reduce sexual behaviors, or continuing to engage in repetitive sexual behavior despite adverse consequences (e.g., relationship disruption, occupational consequences, negative impact on health). The individual experiences increased tension or affective arousal immediately before the sexual activity, and relief or dissipation of tension afterwards. The pattern of sexual impulses and behavior causes marked distress or significant impairment in personal, family, social, educational, occupational, or other important areas of functioning.’

The following list is intended as a guide to some of the intensive treatment centers clients have gone to and found helpful. This is in no way an endorsement of any one place. The decision is yours, the research and information provided was gathered to assist you in making your own choice.

## Intensive Treatment Centers- INPATIENT

### 1. The Meadows Gentle Path at The Meadows

2075 N. Vulture Mine Road, Wickenburg, AZ 85390

(844)568-1412

[themeadowsbhc.com](http://themeadowsbhc.com)

An intensive, experiential-based residential program for men with sexual addiction issues. Guided by Pia Melody, some of the nation's top experts work together to ensure that the Meadows Model is the most clinically comprehensive and nurturing program available today.

The Meadows is in-network with Multiplan and TRICARE.

Levels of Care: Inpatient, Outpatient, and Workshops.

### 2. Begin Again Institute Boulder, Colorado

454 1st Street, Berthoud, CO 80513

(720)-408-6928

[www.beginagaininstitute.com](http://www.beginagaininstitute.com)

[info@beginagaininstitute.com](mailto:info@beginagaininstitute.com)

This is a 14-Day Intensive in Boulder, Colorado is very partner sensitive. We use the APSAT model and provide partner support while the addict is in treatment. The entire second week of the intensive is focused on the partners damage, empathy skills, restitution and repair. Each addict is also required to read "Your Sexually Addicted Spouse" by Barbara Steffens while in treatment.

“Treatment at **Begin Again Institute** consists of a proprietary model called **TINSA®** (Trauma-Induced Sexual Addiction) – a new perspective for the treatment of sexual addiction. Sexual addiction treatment has long focused on managing the symptoms of addiction with abstinence—a difficult challenge in a world where limitless gratification is never more than a click away. A new recovery method is needed: one capable of identifying and treating the core cause of addictive behavior.”

### **3. On Site Workshops**

1044 Old Hwy 48 N, Cumberland Furnace, TN  
(800)341-7432  
[onsiteworkshops.com](http://onsiteworkshops.com)

Our Individual Intensive is a four-day customized program designed to provide a space for healing and hope in a retreat environment. Intensives allow you to stay in an extended vulnerable space and posture not always afforded in a one on one weekly therapeutic session in order to uncover patterns and roots of issues impeding your life. This program can help you: Understand family of origin and generational influences, Identify trauma sources, Develop tools to reconnect with the body, self, and others, Learn the role that spirituality plays in healing from trauma, Discover barriers to intimacy, Learn essential relational skills, and Gain tools to better resolve conflicts and regulate emotions.

### **4. PCS - Psychological Counseling Services**

7530 E. Angus Drive, Scottsdale, AZ 85251  
(480)947-5739  
[info@pcsintensive.com](mailto:info@pcsintensive.com)

The cost is \$8000.00 - \$9500.00.

Individual Intensive Program- An intensive, trauma focused program that focuses on your individual needs and provides you with an opportunity for growth. We focus on your beliefs and prior influences, such as abuse and neglect, which can limit your ability to experience a sense of self confidence, joy, and healthy relationships. Our team of therapists create a supportive environment for you to delve into the deep work necessary to heal from post and current traumas. The blend of different personalities and therapeutic modalities create an environment promoting lasting change.

## **5. Center for Healthy Sex**

10700 Santa Monica Blvd. #31, Los Angeles, CA 90025

(310)843-9902

<https://centerforhealthysex.com/>

Center for Healthy Sex incorporates a certified team of dedicated professionals specializing in sex addiction therapy and sex therapy. Our sex therapists have over 14 years of experience, treating issues such as sexual dysfunction, porn addiction, love addiction, and sex addiction. 2 Week Intensive for Sex Addiction -Concentrated, high intensity treatment and cognitive restructuring to stop addictive behavior.

“The 2 Week Intensive for Porn Addiction at Center for Healthy Sex is an in-depth, outpatient porn addiction therapy program. It is intended for individuals who need to stop compulsive porn-viewing patterns that are causing major disruption in their lives.”

The intensive runs all day - 9:30am to 5:00pm, and is facilitated by a team of therapists who give a variety of expert perspectives. Each one is committed to bringing about a successful recovery.

## **6. Capstone Treatment Center**

120 Meghan Lane Judsonia, AR 72081

Phone: 866-729-4479

[info@capstone.com](mailto:info@capstone.com)

<https://www.capstonetreatmentcenter.com/>

Male Residential treatment programs for teens and young adults ages 14-26 years old.

“CAPSTONE IS a residential treatment center for adolescent and young adult males, ages 14 to 26. Our highly trained therapy team partners with parents to help sons struggling with a wide range of issues, from substance abuse to trauma. Canine Companion Therapy is a unique and special part of Capstone’s approach. Each resident receives an American Kennel Club (AKC)-registered Labrador retriever puppy upon admittance. The relationship between the resident and his puppy is the primary benefit of Canine Therapy, as the puppy offers unconditional love and acceptance. After graduation, the resident takes his Labrador home to serve as a recovery companion and constant reminder of the resident’s experience at Capstone.”

## **7. Caron Addiction Treatment Center**

243 N. Galen Hall Road, Wernersville, Pennsylvania 19565

1-844-485-2312

<https://www.caron.org/>

Offers Men's and Women's Programs, Teens Programs and Young Adult Programs

“Our state-of-the-art medical center with on-site detox services and a full-time staff of renowned medical experts makes Caron Pennsylvania uniquely capable to deliver high-quality care for patients, even those with medically complex conditions.”

Caron Treatment Centers is an in-network provider for: Aetna, AmeriHealth, Capital BlueCross, Highmark Blue Cross Blue Shield, Quest Behavioral Health, Independence Blue Cross, and UPMC.

## **8. Pine Grove Behavioral Health and Addiction Services**

2255 BROADWAY DRIVE | HATTIESBURG, MS

Phone: 1-888-574-4673

<https://www.pinegrovetreatment.com/>

Sexual Addiction Treatment for Men

“The treatment program utilizes Dr. Carnes' 30-task model and the principles of the 12 steps as its foundation, as well as integrating other well-established approaches to the treatment of addiction and promotion of mental well-being.”

“Sexual Addiction Treatment Program Includes: Group Therapy & Individual Therapy, Psych-educational Lectures, 12 Step Groups and the 30-Task Model, Trauma Identification & Processing, Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness & Meditation, Exercise and Fitness Component, Ropes Course, Yoga, Experiential Therapy (Art, Music, Drama, Etc.), Spiritually Groups & Support, Family Member Support, Family Workshop, and Medication Management.”

Pine Grove's Gratitude campus is located in Hattiesburg Mississippi.

Common insurance plans we work with are: [Medicare](#), Medicaid, Blue Cross, Tricare, Aetna, Cigna, United Behavioral Health.

## **9. Keystone Center - Extended Care Unit (ECU)**

2000 Providence Ave., Chester, PA 19013

1-800-733-6840

<https://keystonecenterecu.net/>

Sexual Addiction Treatment for Men over the age of 18

“Persons who are admitted to the KeyStone Center ECU must have a primary problem with sexually compulsive behavior, sex addiction and/or trauma. Persons with love addiction and co-dependency behaviors are also considered and encouraged to apply. Clients must be physically and cognitively able to participate in the program.”

“The KeyStone Center Extended Care Unit is a competency-based program that utilizes patients’ strengths in order to promote recovery from sexually compulsive behavior and trauma. Our staff consists of a multidisciplinary team who incorporates the twelve-steps, a family systems perspective, education, and a trauma-based focus.”

## **10. The Ranch - Tennessee**

6107 Pinewood Road, Nunnely, TN 37137

800-849-5969

[info@promises.com](mailto:info@promises.com)

<https://www.recoveryranch.com/>

“The Ranch Tennessee is our flagship primary mental health treatment center located in a tranquil setting along the Piney River. The treatment facility is nestled among the beautiful woodlands and rolling hills of central Tennessee. Visitors often speak of the healing presence experienced on our scenic campus. The Ranch offers a variety of mental health and addiction treatment programs at our Tennessee location. Clients begin their treatment at Piney Lodge in our assessment, evaluation and detoxification program. During this assessment phase, our physician and nursing team work to understand your medical and clinical needs. They will also help you develop your individualized treatment plan. Most clients then transition to their assigned program within one to three days. If you or a loved one is suffering the effects of mental illness, drug addiction, co-occurring disorders or a process addiction, contact The Ranch Tennessee today. We’ll see you through each of the major phases of treatment, from detox to aftercare.”

“The Ranch TN is licensed for both primary mental health disorders and substance use disorders. We provide comprehensive mental health care for a full range of issues including depression,

anxiety, substance use disorders, sex addiction and intimacy disorders, and personality disorders. We also treat clients with mental health disorders as their primary diagnosis.”

“We are in-network with many major insurance carriers and accept most PPO insurance carriers.”

### **11. MCATT Mindful Centers for Addiction and Trauma Therapy- 3 Locations**

Long Beach Center - 3780 Kilroy Airport Way, Suite 200, Long Beach, CA 90806

(562) 356-8686

info@mindfulcenters.com

[www.mindfulcenters.com](http://www.mindfulcenters.com)

“At Mindful Centers, we are committed to offering comprehensive outpatient sex addiction therapy services for [sex addiction](#), pornography addiction, and substance abuse at one of our southern California locations. If you are seeking change in your life, you have come to the right place.”

“Mindful Centers provide one-on-one recovery coaching therapy, group sessions, guided meditation, and psychological education”

“Mandala Intensive Treatment Program - intensive treatment program for sex, porn and internet addiction that focuses on a three-phase process developed through the proven methods of Dr. Patrick Carnes, a leader in the field of sex addiction research and treatment.”

Facing the Shadow - A six day intensive for sexual compulsivity and addiction - 4 Person Max

### **12. Willow House at The Meadows**

2075 N. VULTURE MINE ROAD WICKENBURG, AZ 85390

877-463-7040

<https://www.willowhouseforwomen.com/>

“Our inpatient program is focused on healing from intimacy and relationship issues, love addiction, sexual compulsivity, emotional trauma, and dual diagnosis issues faced by women.”

“We provide inpatient treatment for women in the heart of the Sonoran Desert. Our serene, private setting lends itself to introspection, and our trauma-based program provides the support, and direction necessary for each individual to do a deep dive into their issues. A low patient-to-staff ratio means each person gets individualized attention from our highly trained clinical staff allowing them to make dramatic progress.”

## **Intensive Treatment Centers- OUTPATIENT**

### **1. The Meadows Outpatient**

19120 N. PIMA ROAD, SUITE 125  
SCOTTSDALE, AZ 85255  
866-562-9559  
<https://meadowsoutpatient.com/>

“The Meadows Outpatient Center program is for those who require a lower level of care or are ready to step down from an inpatient or residential program. Our goal is to uncover and address the emotional and behavioral obstacles to long-term recovery as well as develop the life skills necessary to achieve and maintain lasting sobriety. We offer a flexible schedule to help accommodate work, school, or family responsibilities, and each potential patient is screened to ensure they are clinically appropriate.”

“Successful treatment combines a diverse range of powerful methodologies that work together to foster support, discovery, and healing. Our comprehensive treatment program encompasses our own [Meadows Model](#) to address emotional trauma and addiction with a multi-disciplinary emphasis. Group and one-on-one therapy, techniques like Somatic Experiencing®, EMDR, and neurofeedback, as well as holistic options like expressive arts, yoga, and tai chi all combine to create a program like no other.”

### **1. Bethesda WorkShops**

1035 Acorn Drive, Nashville, TN 37210  
615-467-5610  
<https://www.bethesdaworkshops.org/>

“Bethesda Workshops provides a place of healing for those damaged by pornography and other forms of sexual addiction. We offer Christian-based, short-term, clinical workshops for male sex addicts, female sex addicts, partners of addicts, couples affected by sexual addiction, and adolescents and their parents.”

“Christian-based treatment (non-denominational, grace-based)”

“Convenient 4-day workshop program provides huge jumpstart or boost to recovery process”