

Southdown Community Wellness Services

Teletherapy Group

Men's Sexual Addiction Support and Recovery Group

Description: Within the holistic approach of The Southdown Institute, we believe that sex addiction is best addressed when we respectfully consider the physical, emotional, psychological, and spiritual well-being of each individual. Sex addiction is often accompanied by co-occurring mood or anxiety disorders, trauma, grief and loss, substance dependence, or eating disorders.

This eight-week Sex Addiction Support and Recovery Group for men follows the recovery model established by Dr. Patrick Carnes. It is designed to offer a safe therapeutic environment that allows each participant to address their specific situation, and to create realistic treatment plans. The group setting offers support and accountability.

This time-limited, eight-week support and recovery group is limited to adult males and requires a 50-minute individual session with Dr. Kappler, to screen for eligibility and review issues related to confidentiality.

Date: Thursdays: April 8, 15, 22, 29, May 6, 13, 20, 27, 2021
7:30 pm – 9:00 pm Eastern Time (ET)

Participant Limit: 10

Fee: \$70.00 per session

Duration: 90 Minutes

Delivery Platform: Zoom

Facilitator: Rev. Stephan Kappler, Psy.D., C. Psych.
President and Chief Psychologist of The Southdown Institute

Registration:

An interview with the facilitator is required for registration. Please call Rev. Stephan Kappler at 905-727-4214.

About the Presenter:



Rev. Stephan Kappler, Psy.D., C. Psych., who has been a priest for 26 years, has a passion for accompanying individuals pastorally, psychologically, and spiritually. He has led The Southdown Institute, a residential treatment centre for clergy and vowed religious in Holland Landing, since February 2019. He provides individual and group psychotherapy, psychoeducation, as well as consultation, in English, Spanish, and his native German.

