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Dear Father,

Thank you for taking the time to read this letter concerning a men's group which will be offered in the Fall. The group will focus on men struggling with sexual compulsive behaviors and/or habitual pornography use. If it seems like it may be of benefit to your parishioners, please consider posting a flyer in the lobby or perhaps a weekly bulletin announcement during August and September. Many line up their fall schedule over the summer!

I would like to introduce myself. My name is Maureen Newberg, and I am a Licensed psychotherapist. For 30 years as a counselor, I served those within the Archdiocese of Washington. I have been able to integrate our Catholic faith into counseling sessions. My experience is that God shows up with His assistance for people to heal.

I have worked with a variety of issues and populations. In 2001, the internet was already having its effect. I went through considerable training in Sexual Addictions under Dr. Patrick Carnes. Since becoming certified, I have been able to assist many men and marriages. The training is very rigorous, and one must receive 15 additional hours of training from the institute every two years to maintain certification. (In addition to the 30 hours required to maintain one's license!) To find a list of CSATS in your area please visit IITAP.com

I offered this group last fall and 10 men attended. I am not going to say that all 10 have remained sexually sober, but I can say that they have been helped with their addiction and spiritually. We were blessed to have Father Timothy Grassi, from St. James the greater in Charles Town WV, come in week 8 for confessions and a beautiful Eucharistic procession. I am sure he would be willing to field any calls from his brother priests to discuss his impressions.

This group therapy will begin on September 24<sup>th</sup>, 2024, and run from 7:00 to 9:00 pm for 10 consecutive Tuesdays. A pre-screening is required. There is a \$500 fee and an additional \$33 for the text and workbook. Group will be capped at 12 men.

My hope is that the graduates from this basic class will continue their learning and that a strong core team of men will be able to minister to others in the future. Those who attended the first group are invited to this second group for the lecture portion and will then have their own time together to encourage one another and grow in accountability.

Lodging at Priest Field is available for those who travel to attend the group.

May God bless all the work, prayer and love you provide for those within your care. Feel free to contact me with any questions. My number is 301-873-8556 and email is [Paradigm782@gmail.com](mailto:Paradigm782@gmail.com). Website is [Veritaspsychotherapy.com](http://Veritaspsychotherapy.com).

Sincerely,

Maureen Newberg LCSW-C CSAT