The Center for Relational Healing is a private, Christ-centered counseling service dedicated to helping those who are struggling with various intimacy disorders. Through a multi-stage process of individual, group and couple/family therapy experiences, unhealthy relational patterns are broken. A nurturing support system encourages the client through deeper work of unresolved emotional issues. As self-defeating beliefs are replaced with truth, a transforming paradigm emerges. Spiritual surrender and forgiveness empower the journey toward healthy intimacy with self, God and others. CRH also provides trauma counseling services using the EMDR approach to trauma resolution. Through EMDR’s reprocessing of past traumatic events, relational issues can be resolved.

The CRH Story
Ken Graham, LPC-MHSP, Director

It must have been early 2002 that colleagues Lisa Gohmann, Will Hutchins, and I met together at Nashville’s Pancake Pantry (where all great thinkers go) to discuss forming a Christian-based “center” that would specialize in treating sexual addiction, coaddiction and other intimacy/attachment disorders. We had been working together in this specialty for a while, and it made sense for us to find a clearer identity – a name and mission – that would better define and synergize our common effort.

As we began musing over what to call ourselves, several names were suggested – and promptly dismissed. But then, at the height of our sugar intoxication, a name was proposed by ... (we still argue about which one of us said it first): “How about Center for Relational Healing?”

That’s it! It resonated with all three of us. A center created for healing relationships. That’s what we were about – healing relationships with self, with God, and with others.

Now that we had an identity, our mission became the focus. As our team of therapists grew, more discussions brought clarity to our stated purpose:

“We exist to transform relationships for those struggling with trauma-based intimacy disorders ... empowered by the reconciling love and redemptive grace of Jesus Christ.”

This mission statement is at the heart of our identity. It not only shares what we seek to do and the people we seek to serve, it goes on to proclaim the power source of our healing efforts – the love and grace of Jesus Christ. And these aspects of Christ are not just vague notions, but a love that reconciles (restores peace and acceptance), and a grace that redeems (liberates, regenerates). Reconciliation and redemption, then, provide a compass for the “transforming” of relationships.

Of course, our center must first and foremost be a safe environment that honors the goals of those we serve. We respect the client’s right to determine the direction of his/her healing journey. At the same time, I have yet to meet a client who did not desire reconciliation within his/her own self – to bring some agreement between his/her values, beliefs, and behaviors – to accept self and connect more fully with inner feelings and needs. This “reconciliation with one’s self” seems to set the stage for deeper, redeeming intimacy in relationship with God and others.

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To continue our story – in 2007 the Center moved from its original location at 1808 West End Avenue (now the Hutton Hotel) to the Synergy Center of Brentwood. While Will Hutchins chose to remain in Nashville, we added therapists Jeff Morgan, Thaddeus Heffner, and Kyle Rigsby to our team. Their expertise expanded our services to include more couple therapy, sexual identity issues, trauma resolution and work with teens. It is my belief that we have the finest, most dedicated team of Christian therapists in middle Tennessee, and I am deeply grateful to have each of them on the front lines of our Center.

In January of 2013, our need for more space and group rooms relocated us to a larger suite in the same Synergy building. We are truly blessed to have the space we need for multiple groups and private offices. More importantly, we are grateful to have the opportunity to more effectively provide our mission to those we serve.

So that’s our story – so far. It is our hope that God will bless us with many more years of service as we continue to fulfill the “transforming” mission of CRH. Our appreciation goes out to all of you for your trust and continued support.

KEN GRAHAM, LPC-MHSP, DIRECTOR
Ken Graham, LPC, CCSAS, Director has worked in the mental health/addiction field since 1978. As a Certified Clinical Sex Addiction Specialist, he provides treatment for sex addiction, intimacy disorders, and sexual identity/trauma resolution. Ken can be reached at 615-377-8866 and by e-mail at ken.graham@relationalhealing.com.

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THADDEUS HEFFNER, LMFT
Thaddeus Heffner, LMFT, is a Licensed Marriage and Family Therapist. He sees individuals, couples and groups. Thaddeus has extensive experience in working with men’s issues including men struggling with unwanted same sex attraction, and is trained in EMDR trauma work. Thaddeus can be reached at 615-544-1024, by e-mail at thaddeus@thaddeusheffner.com or at his website, www.thaddeusheffner.com.

KYLE RIGSBY, LPC-MHSP (TEMP LICENSE)
Kyle Rigsby, LPC-MHSP (TEMP LICENSE) holds Master’s degrees in Psychology and Professional Counseling from Lipscomb University. He is trained in EMDR, a trauma based approach, and specializes in trauma resolution for teenage and adult individuals. Kyle can be reached at 615-804-2050, by e-mail at kylerigsby@me.com or at his website, www.kylerigsby.com.

OUR MISSION
The Center for Relational Healing exists to transform relationships for those struggling with trauma-based intimacy disorders such as sexual addiction, co-addiction/codependency and sexual identity concerns - empowered by the reconciling love and redemptive grace of Jesus Christ.