

Center for Relational Healing

CRH COUNSELORS:

Ken Graham, LPC
Lisa Gohmann, LPC
Jeff Morgan, LMFT
Thaddeus Heffner, LMFT
Kyle Rigsby, LPC



The Center for Relational Healing is a Christ-centered counseling service dedicated to helping those who are struggling with various addiction and intimacy concerns. 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.

Making The Call

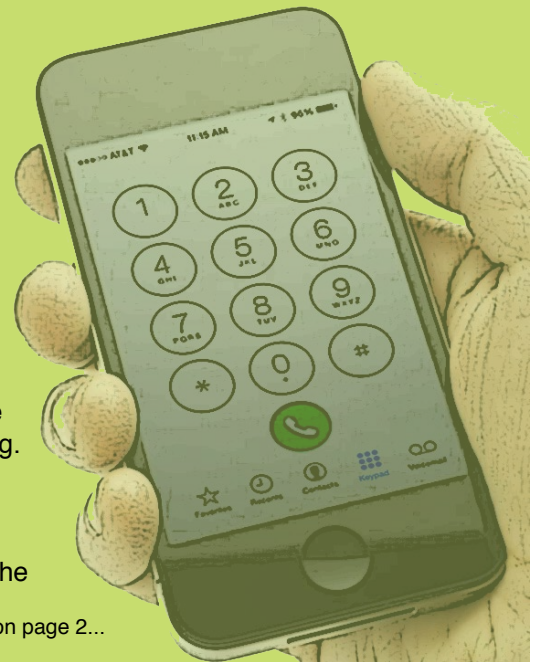
Jeff S. Morgan, LMFT, CSAT, CMAT

There are moments in our lives when we come face to face with our limitations. Perhaps we deal with the nagging voice that says we cannot keep living like this. Maybe we face the ire of a betrayed spouse, or get called to the boss's office. Some even see their picture on the front page news. There is always Higher Power, even if it manifests via the blue lights in the rearview mirror.

We all fall short at some point or another. Romans 3:23 makes this clear. But for those who regularly experience chaos, fear, or secretive behaviors, a deeper truth begins to emerge. We cannot fix ourselves alone. We need help.

When the pain finally gets our attention it can be devastating. The recovery phrase is "hitting rock bottom". Yet, moments like this can open the door to genuine healing. Sometimes, more important than **what we do** to hurt ourselves and others is **how we respond** to that pain. I believe the most courageous response starts with the willingness to get help. This may mean taking the advice of those most hurt by our actions. Get help. Please know that without a doubt help is available. You are not the first to head down this path. Make the call.

Continued on page 2...



Center for Relational Healing

7003 Chadwick Drive, Suite 340
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Individual Counseling



Group Counseling



Couple's Counseling

Our Mission

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



KEN GRAHAM, LPC-MHSP, CCSAS, DIRECTOR

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LISA GOHMANN, LPC-MHSP, CSAT

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KYLE RIGSBY, LPC-MHSP (TEMP LICENSE)

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JEFF MORGAN, LMFT, CSAT, CMAT

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Our Staff

During intake sessions, I often hear new clients opening their hearts and admitting their weaknesses. Though they may not know it at the time, with their admissions, a door begins to open. True change is possible. I know this because I have experienced it in my own life.

Start with a Google search. Ask friends for their input. Therapists are available. Step meetings are available. Your religious support may have ideas. Search for recommended books. It is okay to investigate options. The main thing you need is the willingness to get help. If you pray, now is the time to pray. Finally, just go.

If you are thorough about your journey you can find a pearl of great treasure. No matter how far down the scale you have gone, you are not alone. Start by making the call.



CRH Groups

- Sexual Integrity Group/Level I – For men early in recovery who are dealing with sexual addiction. The group meets on Tuesday nights for 16 weeks. Contact Ken Graham, LPC, for more details.
- Sexual Integrity Group/Level II (SIG Extreme) – This group is for men who have completed SIG/Level I or a comparable phase of treatment. Contact Jeff Morgan, LMFT, for more information.
- Recovery Zone Group – For female sex addicts. Contact Lisa Gohmann, LPC, for more details.
- Couples in Recovery. – For couples in recovery from sexual addiction/co-addiction. This group will meet weekly. Contact Jeff Morgan, LMFT, for information.
- Partners Group. – For spouses of sex addicts. Contact Lisa Gohmann, LPC, for details.
- Healing Group for Wives. – For spouses of men with unwanted homosexuality. Contact Thaddeus Heffner, LMFT, for more details.