Novus Mindful Life Extends Sex Addiction Therapy Availability

November 16, 2026

GARDEN GROVE, CA - November 16, 2026 -
Novus Mindful Life Institute Family Counseling & Recovery, a specialized counseling practice serving Orange County, California, announced today that it has formalized dedicated availability of its sex addiction therapy program for residents of Rossmoor. The announcement follows a pattern of inquiries the practice has received from individuals in the community over recent months.

Novus Mindful Life Institute Family Counseling & Recovery provides sex addiction therapy in Rossmoor, California, drawing on a clinical team trained in psychosexual therapy and specialized trauma methods. Members of the practice's staff hold training through the Association of Partners of Sex Addicts Trauma Specialists, alongside the Certified Sex Addiction Therapist credential, positioning the team to work with both individuals and the partners affected by their behavior. Rossmoor sits near the practice's Garden Grove base and close to neighboring Los Alamitos, within the wider service area the practice has built out over time.

Treatment at Novus Mindful Life centers on identifying the patterns behind compulsive sexual behavior rather than addressing surface symptoms alone. Clinicians use structured, behaviorally grounded techniques to help clients build accountability and interrupt cycles that have proven difficult to manage on their own. For

clients whose compulsive behavior is tied to earlier trauma, the practice also draws on trauma-processing methods such as EMDR alongside its core psychosexual work.

Many clients who seek this kind of treatment arrive after a period of secrecy that has strained a marriage or long-term partnership. Novus Mindful Life's clinical approach is designed to address both the individual working through compulsive behavior and the partner navigating the aftermath of discovery, rather than treating the two as separate cases. Sessions are available in person at the practice's Garden Grove office and through online therapy for clients who prefer a remote option.

New clients typically begin with a brief initial consultation before being paired with a therapist suited to their specific circumstances, according to the practice. An intake coordinator gathers information about a client's situation ahead of that first session, a process the practice uses to match individuals and couples with a clinician suited to their particular treatment needs. Sessions are generally scheduled within one to two days of a client's initial outreach.

The practice also offers an Intensive Outpatient Program for clients who need more structured support than standard weekly sessions provide. The program is built around more frequent contact and closer accountability tracking during periods when compulsive behavior is most acute. Clients move between the standard and intensive tracks depending on where they are in the course of treatment.

Partners affected by a client's sexual behavior are supported through a dedicated group setting that runs alongside individual treatment. The group gives partners space to process shock, anger, or grief in the company of others navigating similar circumstances, while building practical tools for stabilizing day-to-day life. Clinical leadership at the practice has said this partner-inclusive structure is built into how every case is organized from the first intake session.

The practice's clinicians collectively hold licensure spanning marriage and family therapy and clinical social work, in addition to specialized certification in sex addiction and betrayal trauma treatment, and the practice has operated in the specialized field for more than fifteen years according to its leadership. That range of credentials lets a single practice carry a client and their partner through treatment without dividing care across multiple providers.

Duane Osterlind, the practice's Co-Founder and Clinical Director, trained directly under Patrick Carnes, Ph.D., a clinician recognized for his early work in the sex addiction treatment field, before helping establish Novus Mindful Life. That training background informs the clinical framework clinicians across the practice apply when working with clients on compulsive sexual behavior and betrayal trauma.

"Rossmoor is right next door to where we're based, and we've watched the number of people reaching out

from the area grow steadily, so formalizing that availability made sense," said Duane Osterlind, LMFT, CSAT-S, Co-Founder and Clinical Director of Novus Mindful Life Institute Family Counseling & Recovery. "We built this practice around the idea that the partner shouldn't be left out of treatment, and that's still how we approach every case that comes through the door."

Beyond Rossmoor and its immediate service area, Novus Mindful Life provides online therapy to clients located in California, Idaho, Florida, Texas, and Virginia, extending the practice's reach well past its physical office. That telehealth option runs alongside in-person care rather than replacing it, giving clients flexibility in how they access the same clinical team. Novus Mindful Life Institute Family Counseling & Recovery continues to serve Rossmoor and the surrounding region, and additional information about the practice and its sex addiction therapy program is available through Novus Mindful Life Institute Family Counseling & Recovery and its sex addiction therapy services page.

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Novus Mindful Life

Novus Mindful Life Institute provides sex and pornography addiction therapy, betrayal trauma counseling, and relationship support in Garden Grove.

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