Novus Mindful Life Expands Trauma-Informed Recovery Services to Additional Communities in Orange and Los Angeles Counties

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Long Beach, CA ? Novus Mindful Life, a Southern California-based mental health provider specializing in trauma-informed care, sex addiction recovery, and relationship therapy, has formally announced the geographic expansion of its core services into several neighboring communities. In addition to serving Long Beach, the institute now offers complete access to its clinical offerings to residents of Seal Beach, Rossmoor, Los Alamitos, Huntington Beach, and Lakewood.

The expansion reflects the growing demand for professional, evidence-based treatment for individuals and couples experiencing the effects of betrayal trauma, compulsive sexual behavior, pornography addiction, and relational breakdown. Novus Mindful Life has developed a regionally recognized reputation for its integrated therapeutic approach, led by a team of licensed clinicians with advanced training in trauma, addiction, and emotional wellness.

Established as a specialized clinic focused on sex addiction and betrayal trauma recovery, Novus Mindful Life employs a model of care that is structured, collaborative, and grounded in clinical best practices. Its treatment

staff includes multiple Certified Sex Addiction Therapists (CSATs), a credential developed by the International Institute for Trauma and Addiction Professionals (IITAP). These clinicians are trained to work specifically with clients facing compulsive sexual behavior and its ripple effects within personal and relational dynamics.

"Many people in communities surrounding Long Beach were quietly seeking support but had limited access to specialized services," said Duane Osterlind, Founder and Clinical Director of Novus Mindful Life. "The decision to expand into these neighboring cities was based on both need and responsibility. Trauma recovery should not depend on geography. Every person deserves access to skilled, ethical care."

With the geographic expansion now in place, residents of the newly included areas will have access to the full range of services offered by the institute. These services include individual counseling, betrayal trauma therapy, group support, marriage and relationship counseling, and a structured Intensive Outpatient Program (IOP). Each service is designed to address the emotional, cognitive, and behavioral patterns commonly seen in individuals and couples impacted by sexual addiction and relational trauma.

The institute is known for its team-based structure, where clients are supported not by a single therapist but by a coordinated group of professionals. This model allows for nuanced care and ensures continuity through all phases of the recovery process. Clinicians routinely collaborate to match clients with the appropriate therapeutic approach, which may include modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Emotionally Focused Therapy (EFT).

One of the central features of Novus Mindful Life?s philosophy is the emphasis on partner-sensitive care. Unlike treatment models that focus solely on the person exhibiting problematic behaviors, the institute provides dedicated support to the betrayed partner. This includes trauma counseling, psychoeducation, and guided support to help restore personal stability, emotional safety, and boundary setting.

As the institute expands its services to cities such as Seal Beach, Rossmoor, and Los Alamitos, it maintains its commitment to providing each individual or couple with empathy and evidence-based care. Local clients are provided access to the same level of support previously available only to residents of Long Beach. This includes opportunities to participate in therapist-led process groups and structured programs designed for early stabilization and long-term healing.

Clients in Huntington Beach and Lakewood, areas now also within the institute's service radius, can take advantage of virtual and in-person treatment options. The flexibility of delivery ensures continuity of care for clients with busy schedules or limited mobility. In-person sessions are available at the Long Beach office, with teletherapy options providing full clinical services to those who prefer or require distance support.

Novus Mindful Life also continues to invest in the professional development of its staff to maintain alignment with emerging best practices in the field of trauma and addiction recovery. The team regularly engages in training and supervision to enhance therapeutic outcomes and maintain high ethical standards.

The expansion comes at a time when national and local mental health data suggest rising rates of stress-related disorders, relational conflict, and behavioral addiction. Mental health professionals throughout the region have reported increased demand for specialized therapy, particularly among those impacted by infidelity, secrecy, and unresolved emotional trauma. The institute's broadened service area is a direct response to these trends.

By establishing a broader regional footprint, Novus Mindful Life positions itself as a clinical leader in addressing the intersection of trauma, addiction, and relationship health. The organization remains focused on providing care that is trauma-responsive, emotionally safe, and centered on each client's capacity for resilience and growth.

For residents in the expanded service areas, this development brings local access to one of the region's most specialized therapy teams. The institute welcomes inquiries from individuals, couples, and referring providers in Seal Beach, Rossmoor, Los Alamitos, Huntington Beach, Lakewood, and surrounding communities.

For further details about clinical services, practitioner credentials, and scheduling availability, please visit the Novus Mindful Life website. Visit their site to learn more and take the next step toward care.

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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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