Novus Mindful Life Institute Expands Access to Specialized Sexual Addiction Treatment in New Service Areas

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GARDEN GROVE, CA - September 24, 2025 -
Novus Mindful Life Institute Family Counseling & Recovery has announced the expansion of its specialized sexual addiction treatment program to reach individuals and families in additional communities. This development reflects a growing need for evidence-based, compassionate care addressing the personal and relational challenges created by compulsive sexual behaviors.

Founded in 2008, Novus Mindful Life Institute provides a structured, research-informed approach to treating sexual addiction, supported by a multidisciplinary team of licensed therapists and Certified Sex Addiction Therapists (CSATs). These professionals employ trauma-informed care and relational models to address both the individual seeking recovery and their partners impacted by betrayal trauma.

Sexual addiction, characterized by compulsive sexual behaviors despite harmful consequences, can lead to job loss, legal issues, relationship breakdown, and emotional distress. Untreated, it often creates a cycle of secrecy, guilt, and further acting out. The Novus program focuses on breaking this cycle through individualized therapy plans, group support, and, when appropriate, its Intensive Outpatient Program (IOP).

?Our goal has always been to help individuals and couples move from crisis to recovery with dignity and clarity,? said Duane Osterlind, Co-Founder and Clinical Director. ?By expanding access to our sexual addiction treatment, we are able to provide more people with the tools, structure, and support necessary to rebuild their lives and relationships?.

The program?s unique value lies in its integration of partner-sensitive treatment from the start. This approach acknowledges that partners of those struggling with sexual addiction often experience profound betrayal trauma, and it ensures their healing is addressed alongside the recovery of the addicted individual. Treatment components may include individual counseling, couples therapy, group sessions, and psychoeducational resources tailored to each client?s needs.

A hallmark of the Novus model is its reliance on evidence-based interventions such as Cognitive Behavioral Therapy (CBT), Emotionally Focused Therapy (EFT), and the Patrick Carnes task-centered recovery framework. These methods are designed to help clients understand the root causes of their behavior, develop healthier coping strategies, and create sustainable patterns for long-term recovery.

The expansion into new areas comes at a time when awareness of behavioral addictions is increasing and the stigma surrounding them is slowly decreasing. Despite this progress, many individuals delay seeking help due to feelings of shame or fear of judgment. By making specialized services more geographically accessible, Novus aims to remove barriers to care and encourage early intervention.

Therapy at Novus addresses more than just stopping harmful behaviors; it also fosters emotional regulation, improved intimacy, and restored trust in relationships. For some clients, this includes guided disclosure processes, relapse prevention planning, and relationship rebuilding exercises. The treatment team works closely with each person to ensure that progress in therapy aligns with their personal goals and values.

In addition to clinical services, Novus offers support groups for ongoing accountability and peer connection. These groups provide a confidential space for participants to share experiences, learn from others, and reinforce the skills developed in therapy. Many clients report that this sense of community plays a vital role in maintaining recovery over time.

The decision to expand services is also based on data showing that individuals who can access timely, specialized help have better recovery outcomes. Behavioral addictions like sexual compulsivity often involve complex emotional triggers and long-standing relational patterns. Without targeted treatment, individuals may experience repeated setbacks. By making specialized services available in more communities, Novus hopes to shorten the time between problem recognition and professional intervention.

Novus? treatment model incorporates both individual accountability and relational healing. This dual approach recognizes that sexual addiction rarely exists in isolation; it affects partners, families, and, in many cases, broader community networks. Addressing these relationships early in the recovery process helps prevent further emotional harm and builds a stronger foundation for long-term change.

The organization?s Intensive Outpatient Program offers structured daily or weekly sessions that blend therapy, skills-building exercises, and psychoeducation. This format allows clients to receive concentrated support while still maintaining work or family responsibilities. The IOP also provides measurable progress tracking, helping both clients and therapists evaluate the effectiveness of interventions over time.

While sexual addiction remains a sensitive subject, Novus Mindful Life Institute continues to advocate for

open conversations and education around the topic. The institute?s leadership believes that reducing stigma is essential to increasing help-seeking behavior. Public awareness campaigns, community outreach events, and professional training opportunities are among the strategies planned to support this mission.

The expanded program will also strengthen connections with local healthcare providers, ensuring that patients referred for treatment have access to the right level of care without long wait times. Collaboration with other mental health professionals and community organizations will be an ongoing priority, creating a stronger network of support for individuals in recovery. As more people become aware of the resources available, Novus anticipates a positive ripple effect where early intervention helps preserve relationships, protect mental health, and reduce the long-term personal and societal costs associated with untreated behavioral addictions.

With this expansion, Novus Mindful Life Institute reaffirms its commitment to providing specialized, ethical, and compassionate care to those impacted by sexual addiction. The organization continues to advocate for a treatment model that addresses the needs of both the individual and their loved ones, promoting recovery that is not only sustainable but also deeply restorative.

For more information about sexual addiction treatment services, visit their website or contact Novus Mindful Life Institute Family Counseling & Recovery.

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Novus Mindful Life Institute Family Counseling & Recovery

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