Novus Mindful Life Institute Announces Expanded Access to Porn Addiction Therapy Group Services

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GARDEN GROVE, CA - November 24, 2025 -
Novus Mindful Life Institute Family Counseling & Recovery has announced the expansion of its specialized Porn Addiction Therapy Group to reach additional communities. The initiative aims to provide greater access to structured, evidence-based support for individuals seeking to overcome compulsive pornography use and rebuild healthier relationships.

Founded in 2008, Novus Mindful Life Institute has developed a reputation for offering comprehensive behavioral addiction services led by licensed clinicians and Certified Sex Addiction Therapists (CSATs). The Porn Addiction Therapy Group is a core part of the organization?s treatment programs, offering a safe and confidential space for participants to address the emotional, psychological, and relational effects of problematic pornography consumption.

Pornography addiction, often categorized as a behavioral addiction, can involve compulsive viewing patterns that disrupt daily life, impair intimate relationships, and negatively impact mental health. Without targeted intervention, it can lead to increased tolerance, diminished self-control, and feelings of shame and isolation. The Porn Addiction Therapy Group is designed to break this cycle by combining professional guidance, peer

accountability, and skill-building strategies aimed at long-term recovery.

?Our group program is structured to help individuals address not just the behavior, but the underlying factors that drive it,? said Duane Osterlind, Co-Founder and Clinical Director of Novus Mindful Life Institute. ?By expanding access to these services, we hope to meet the growing need for specialized care and create more opportunities for people to reconnect with themselves and their relationships.?

The therapy group incorporates a variety of evidence-based approaches, including Cognitive Behavioral Therapy (CBT) and psychoeducational modules, as well as group discussions facilitated by trained therapists. These sessions aim to help participants recognize triggers, develop healthy coping mechanisms, and understand the connection between pornography use and broader patterns of behavior.

A distinguishing feature of the program is its focus on relational healing alongside individual recovery. Many individuals struggling with pornography addiction experience conflict in intimate relationships, loss of trust, or difficulty maintaining emotional closeness. The Porn Addiction Therapy Group addresses these challenges by encouraging open dialogue, empathy-building exercises, and strategies for rebuilding intimacy and communication.

Participation in the group also offers the benefit of community support. Meeting with others who share similar struggles can reduce feelings of isolation and provide valuable perspectives on recovery. Members learn from one another?s experiences, celebrate progress, and hold each other accountable to personal goals. For many, this shared environment becomes a source of strength and motivation throughout the recovery process.

In addition to weekly sessions, participants have access to supplementary resources that may include reading materials, reflection exercises, and relapse prevention planning. The program is structured to accommodate varying schedules, making it accessible for working professionals, students, and individuals managing family responsibilities.

The expansion of the Porn Addiction Therapy Group comes amid growing awareness of the impact of digital media consumption on mental and emotional well-being. Research has shown that excessive pornography use can affect brain function, distort perceptions of intimacy, and contribute to compulsive behavior patterns. Despite these findings, stigma often prevents individuals from seeking help. Novus Mindful Life Institute aims to reduce these barriers by providing a nonjudgmental, confidential setting where recovery can begin.

The institute?s approach is guided by the principle that recovery is not only about ending harmful behaviors but also about creating a fulfilling life that aligns with personal values. This means addressing underlying emotional needs, improving communication skills, and fostering healthy connections with others. Group

members are encouraged to set realistic, measurable goals and to evaluate their progress regularly in collaboration with their therapist.

Another unique aspect of the program is its integration with other services offered by Novus Mindful Life Institute. Clients participating in the Porn Addiction Therapy Group may also access individual counseling, couples therapy, and partner support services. This multifaceted model ensures that recovery efforts are comprehensive and address the broader relational and emotional context of the individual?s life.

The group format is particularly effective for addressing pornography addiction because it allows for shared learning and real-time feedback. While individual therapy focuses on personal reflection, group therapy introduces social accountability and the opportunity to witness recovery in others. Over time, this combination can strengthen resilience and provide long-term reinforcement of new behaviors.

By expanding access to this service, Novus Mindful Life Institute seeks to serve a larger number of individuals who may otherwise go without specialized help. The organization?s leadership emphasizes that pornography addiction, like other behavioral health issues, responds best to early intervention. Providing timely, accessible treatment can help prevent escalation and reduce the personal and relational harm associated with the addiction.

The expansion will also allow the institute to strengthen its partnerships with other healthcare providers, ensuring that clients receive coordinated care. Referrals from physicians, mental health practitioners, and community organizations can be seamlessly integrated into the group?s enrollment process, streamlining access for those in need.

Sessions are facilitated in a confidential and respectful manner, with an emphasis on creating a safe environment for open discussion. Participants are not pressured to share beyond their comfort level, but many find that speaking openly about their experiences can be a powerful step toward healing. The therapists guide discussions to ensure they remain constructive, goal-oriented, and focused on recovery milestones.

Relapse prevention is a central theme throughout the program. Group members work together to identify high-risk situations, develop strategies to manage urges, and reinforce healthy routines. By practicing these strategies in a supportive setting, individuals build the skills necessary to maintain progress outside of the group environment.

In announcing the expansion, Novus Mindful Life Institute reaffirms its commitment to offering specialized, evidence-based treatment for behavioral addictions. The Porn Addiction Therapy Group represents a vital component of this mission, addressing a growing public health concern with compassion, professionalism,

and structured care.

For those considering participation, the institute emphasizes that no prior therapy experience is necessary. The group welcomes individuals from diverse backgrounds and stages of recovery, and therapists tailor the program to meet the needs of each member. While the journey can be challenging, the combination of professional guidance, peer support, and personal commitment has helped many participants achieve meaningful change.

As more communities gain access to these services, Novus Mindful Life Institute hopes to contribute to a broader cultural shift one that acknowledges pornography addiction as a legitimate health concern and promotes recovery as a path toward improved mental health, stronger relationships, and personal fulfillment.

For more information about sexual addiction treatment services, visit their website or contact Novus Mindful Life Institute Family Counseling & Recovery at (562) 431-5100.

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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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