

Introducing a breakthrough program for everyone

A variety of teen and adult programs for those struggling with pornography and any other addiction.



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LifeSTAR 
NETWORK™
of Central Utah

What is the Lifestar/Youthstar Program

Although **Lifestar/Youthstar** has a specialty in sexual addictions recovery, arguably the most difficult addiction to address, our economical Lifestar working recipe addresses **virtually any addiction** at a level far above that we have seen in the intensive outpatient setting up to this point. I sincerely hope you will become familiar with this model and help us turn the tide of addiction here in Central Utah. Phase I of the **adult program** is a very strong 18-hour psycho-educational training and intensive workbook-focused small group experience for both the men and their partners, where applicable and is the preparation necessary for Phase II.

There is Hope: Phase II

Phase II forms up separate intensive therapy groups of about seven men and seven women who are facilitated by a male/female co-therapy team wherever possible. It is during this part of the recipe that most find their addictions manageable, their lifestyles changing dramatically, and their brain functioning coming alive enough to allow for improved emotional and relational functioning. Throughout the program a monthly private psychotherapy appointment is maintained to tie up loose ends individually and relationally.

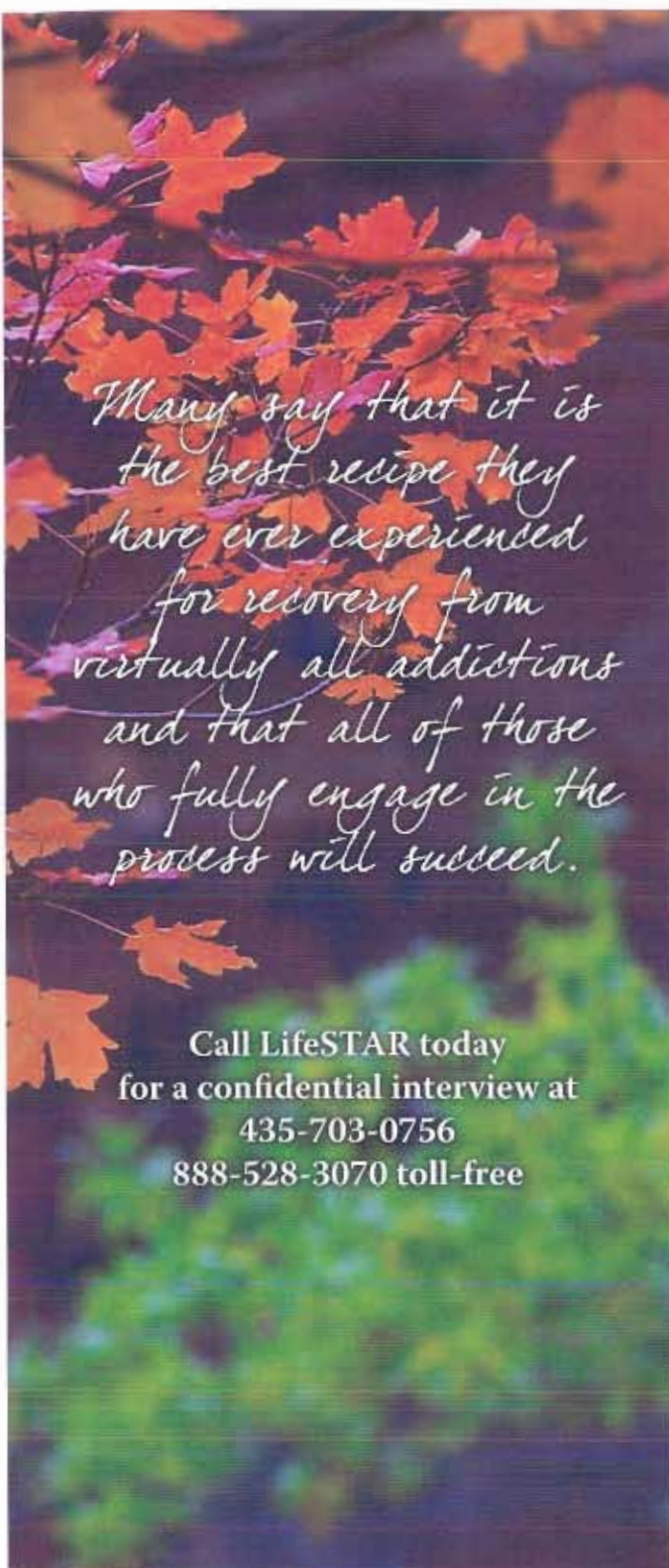
Experts You Can Trust

We are part of a national network of therapists committed to helping addicts and their families through the recovery process. Our licensed therapists and our facilitators are trained in addiction recovery and together have helped thousands find hope and healing.

Training You'll Appreciate

Even if you are already working with a therapist or church affiliate or attending a 12-step support group, you will find the LifeSTAR recipe to be a tremendous resource. After a 12-year history, 3,000 participants and now 30 clinical locations across the country, one of our founders, Dan Gray, indicates that 100% of those who **engage fully in the program will succeed**. Please note that the cost is only \$400 for Phase I and \$200 per month for Phase II. **Youthstar** follows the Lifestar model and includes two parent meetings followed by 8-10 teenage-only interactional trainings. The entire Youthstar package will only cost \$400 per family with \$100 per additional child. A relapse prevention treatment plan will follow with group and or family therapy to bring it all together. Finally, there is a **working program for our youth**.





*Many say that it is
the best recipe they
have ever experienced
for recovery from
virtually all addictions
and that all of those
who fully engage in the
process will succeed.*

**Call LifeSTAR today
for a confidential interview at
435-703-0756
888-528-3070 toll-free**

LifeSTAR of Central Utah was developed in response to pornography addiction and has been expanded to include any other addiction because the recipe works with any addiction. Any behavior or substance that is used to ease pain or create a rush or high that becomes unmanageable and interrupts or isolates from the more functional connections of life is likely an addiction.

Some suggest that there are many addictions beyond the obvious such as patterns of anger, patterns of deep depression, fighting or isolating instead of problem solving, anxiety-producing thought patterns, the over and under consumption of foods and stimulating drinks, habitual lying, the over focus on texting or video games or television or other electronics, so very many activities that may be disconnecting. Many couples and individuals and parents of addicts who are not "officially" addicts find this approach very helpful in maturing relationship connectability.

LifeSTAR Phase I participants awaken through powerful PowerPoint presentations, carefully constructed workbooks and small same-gender discussion groups. This is all in preparation for the Phase II therapist-led small groups of men or women. Once the participants have adequate insight, they are ready to begin carefully "processing" or working through the roadblocks to connection in their lives. With the workbooks and the confidentiality and the connections of the small group of seven, the therapist is able to facilitate the safe confrontation of addictions of all kinds and to create weekly supportive accountability. Eventually addictions become manageable, lifestyles change positively and dramatically, and brain functioning comes alive enough to allow for greatly improved emotional and relational functioning. Gradually the relational connections replace the utilization of addictions.

Collaboration with the courts, therapists, church leaders and programs, the medical gatekeepers and other supportive community systems enhance and sustain recovery.

Many marriages and families remain intact while the general life-balance of all involved shows remarkable improvement as the lights come on and the counterfeits are left behind.

**Call 435-703-0756
or 888-528-3070 toll-free
for your confidential
interview today.**



*The LifeSTAR Addiction
Outpatient Recovery Program*

*Replacing Addictions
with Connections to
God, Self and Others
Outstanding Results
Remarkably Affordable.*

*Any addiction
will do!*