

SPRING/SUMMER 2017

Sessions Start SOON!

"Every woman deserves to experience her own healing, independent from the needs of her significant other or family of origin. She deserves to pursue support for herself, in her own way and for her own sake. She deserves to heal within safe environments that answer her questions, address her needs and advocate for her role within her own life."

From *Eleven Words for Women Ever After*
by Crystal Rae Morrissey, www.womeneverafter.com

Scarlet Sisterhood

COACHING SUPPORT GROUP

for women impacted by their partners' "S" issues—infidelity, pornography, secrets and/or sex addiction.

with
CRYSTAL RAE
MORRISSEY

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach
CPLC, CDRC, CCRC

- Certified Partner Coach
APSATS CPC

Trained via
**THE ASSOCIATION OF
PARTNERS OF SEX ADDICTS
TRAUMA SPECIALISTS**
and
**IMPACT COACHING
ACADEMY**

Member of the **International
Coach Federation**
and **National Association
of Divorce Professionals**



call or text me! 310.415.3614
email: crystalmor@mac.com
website: womeneverafter.com

S * Support *and* Self-Reclamation

C * Connection *and* Compassion

A * Awareness *and* Affirmation

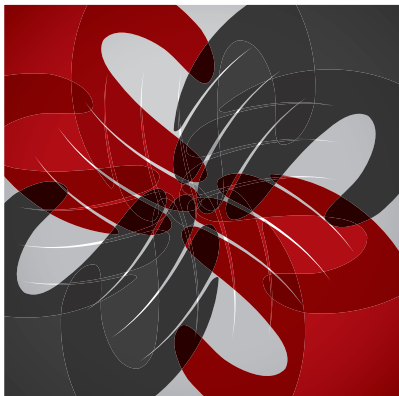
R * Relationship *and* Reorientation

L * Living *and* Loving

E * Education *and* Empowerment

T * Truth *and* Togetherness

"LIFE CHANGED, SO I CHANGED WITH IT." —UNKNOWN



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for women impacted by their partners' "S" issues—infidelity, pornography, secrets and/or sex addiction.

what **Scarlet Sisterhood** is a twelve-week (ten sessions with two "off" weeks) coaching support group. Its purpose is to validate, educate and empower women throughout their experience of intimate betrayal. Each 90+ minute coaching session includes three parts: (a) All participants will "checkin" to address current feelings, mid-week challenges, recent self-care and progressive milestones. (b) As the coach on each call, I'll introduce a weekly discussion topic, inviting participants to explore relevant questions, exchange supportive feedback and collaborate new strategies on that specific topic. Topics selected with input from registered group members. (c) All participants "checkout" with closing affirmations, top takeaways and self-care commitments. Each session also provides in-depth journaling assignments (optional). While participants are encouraged to express their own spiritual practices and convictions, this is NOT an inherently faith-based group.

BONUS! Scarlet Sisterhood includes 3 solid months of online peer and coaching support, in a safe, private, facilitated Facebook group reserved exclusively for Scarlet Sisterhood participants. This enables group members to support one another conveniently during the week. Via this online space, participants also receive bonus material related to the topic of each week's live coaching session.

who **Scarlet Sisterhood is open to all women impacted by their partners' "S" issues: infidelity, pornography, secrets and/or sex addiction.** This group will include a mixed demographic, open to women who've decided stay, women who've decided to leave, and women who are still waiting to make their decision. Our group is open to both married and non-married partners, and we welcome women of all (if any) religious orientations.



why **Group healing is GOOD healing!** Due to the uniquely personal nature of these issues, we often feel acutely and intolerably ALONE. This is especially true when local support is limited or nonexistent. As women, we rarely heal from betrayal trauma independently (isolated from others). On the contrary, we usually heal mutually (in concert with others) through friendship, relationship and community.

when **SPRING/SUMMER 2017!** Our next 12-week group begins several times each year. Exact session dates and times to be determined. Priority scheduling consideration will be given to the first two registered participants.

where **Scarlet Sisterhood is a virtual coaching group, connecting women from across the continent.** Translation: participate from comfort of your own cozy, self-soothing environment—wherever that might be! Our live coaching sessions will meet via Zoom (audio call or video chat, depending upon individual preferences and group consensus).

size **Each group will be limited to 3 (minimum) or 5 (maximum) participants.**

cost **\$360 for ten sessions (\$36 per session)** Payable in 2 installments of \$180 each. \$180 deposit required to reserve your space. Limited scholarship assistance is available; if you need it, please ask!

how **If you're interested in joining us, please contact me ASAP.** Email (crystalmor@mac.com), call or text (310-415-3614). You can also streamline the process by completing the Group Participant Information on PAGE 3 and Possible Topics checklist on PAGE 4.



Scarlet Sisterhood

GROUP PARTICIPANT INFORMATION:

PLEASE COMPLETE: GROUP PARTICIPANT INFORMATION (THIS PAGE) + POSSIBLE TOPICS (NEXT PAGE).

This information assists me in creating a mutually SAFE and supportive group dynamic. PLEASE NOTE: if you are NOT a past or present client of mine, I'll contact you to schedule a brief participation assessment by phone (no cost).

Name: _____ Email: _____
 Street Address: _____ City, State, Zip: _____
 Phone: _____ Time Zone: _____ Age: _____
 Best TIME to reach me: _____ Best WAYS to reach me: _____

What is the EARLIEST START DATE I could join this group: _____

I could participate at THESE days and times: (Please check all that apply)

- | | | | | |
|---|--|--|---|---|
| <input type="checkbox"/> Monday Morning | <input type="checkbox"/> Tuesday Morning | <input type="checkbox"/> Wednesday Morning | <input type="checkbox"/> Thursday Morning | <input type="checkbox"/> Friday Morning |
| <input type="checkbox"/> Monday Afternoon | <input type="checkbox"/> Tuesday Afternoon | <input type="checkbox"/> Wednesday Afternoon | <input type="checkbox"/> Thursday Afternoon | <input type="checkbox"/> Friday Afternoon |
| <input type="checkbox"/> Monday Evening | <input type="checkbox"/> Tuesday Evening | <input type="checkbox"/> Wednesday Evening | <input type="checkbox"/> Thursday Afternoon | <input type="checkbox"/> _____ |

Family and Romantic Relationships: — Please check all that apply.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> I am currently married. | <input type="checkbox"/> I am currently divorced. | <input type="checkbox"/> I was divorced (past). | <input type="checkbox"/> I am planning to divorce (in process). |
| <input type="checkbox"/> I am casually dating. | <input type="checkbox"/> I am in a serious relationship. | <input type="checkbox"/> I live with my partner. | <input type="checkbox"/> My partner and I are engaged. |
| <input type="checkbox"/> I have young children. | <input type="checkbox"/> I have grown children. | <input type="checkbox"/> I have no children. | <input type="checkbox"/> My children do not live with me. |

I'm currently receiving support from: (Please check all that apply)

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> individual therapy | <input type="checkbox"/> group therapy | <input type="checkbox"/> couples therapy | <input type="checkbox"/> family therapy |
| <input type="checkbox"/> individual coaching | <input type="checkbox"/> group coaching | <input type="checkbox"/> couples coaching | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> twelve step meetings | <input type="checkbox"/> sponsorship | <input type="checkbox"/> faith-based recovery | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> spiritual direction | <input type="checkbox"/> spiritual counseling | <input type="checkbox"/> family therapy | <input type="checkbox"/> other _____ |

How long have I known about my partner's sex addiction? _____

Why am I interested in joining this Scarlet Sisterhood group? _____

Do I have hesitations about joining the group? If so, what are they? _____

Is there anything else I'd like you to know about me? _____

At this point in my life, what benefits of group coaching support do I want or need most?

What topics do I most want (or need) to explore? (Please check your top 3-5)

- | | | |
|---|--|---|
| <input type="checkbox"/> accountability | <input type="checkbox"/> feedback from coaches | <input type="checkbox"/> resources that others find helpful |
| <input type="checkbox"/> action steps | <input type="checkbox"/> feedback from other partners | <input type="checkbox"/> safe environment to float new ideas |
| <input type="checkbox"/> boundaries—planning and practice | <input type="checkbox"/> friendships—the "no need to hide" kind | <input type="checkbox"/> self-awareness and self-discovery |
| <input type="checkbox"/> cheerleading—affirmation and celebration | <input type="checkbox"/> grief work | <input type="checkbox"/> self-care—motivation and experimentation |
| <input type="checkbox"/> communication role-play | <input type="checkbox"/> judgement-free zone | <input type="checkbox"/> vision for my future |
| <input type="checkbox"/> courageous companions | <input type="checkbox"/> progress measurement tools | <input type="checkbox"/> writing assignments and journaling prompts |
| <input type="checkbox"/> decision making | <input type="checkbox"/> protection from self-denial | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> emotional support, comfort and embrace | <input type="checkbox"/> reality checks (objective observations) | <input type="checkbox"/> other _____ |
| <input type="checkbox"/> exposure to women in different S scenarios | <input type="checkbox"/> relapse preparedness—"just in case" | <input type="checkbox"/> other _____ |



Scarlet Sisterhood

POSSIBLE TOPICS: DETERMINED BY GROUP CONSENSUS

PLEASE REVIEW THIS LIST BELOW and check off the TOP FIVE topics YOU would like to cover in this group!
If you want to address something that's not listed here, please write in your suggestions:

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Acceptance—What it IS, What it ISN'T <input type="checkbox"/> Accountability: His, Mine and/or Ours <input type="checkbox"/> Anger—Good, Bad, Ugly and Beautiful <input type="checkbox"/> Anniversaries: Will They Always Hurt THIS Much? <input type="checkbox"/> Boundaries 101: Introducing The "B" Word <input type="checkbox"/> Boundaries and Beyond: How to Determine, Establish, Communicate and Change Our Boundaries <input type="checkbox"/> Boundaries and Consequences: Honoring Ourselves When Our Boundaries are Violated <input type="checkbox"/> Career Transitions and Professional Identities: Will My WORK LIFE Survive This Experience? <input type="checkbox"/> Change, Choices and Making Decisions <input type="checkbox"/> Denial: How to Recognize, Prevent and Protect Myself Against It <input type="checkbox"/> Discovery, Disclosures and D-Date Anniversaries: Sharing Our Stories <input type="checkbox"/> Divorce: The "D" Word <input type="checkbox"/> Dreamgirls: Designing Our Own Futures <input type="checkbox"/> Emotional Awareness and Equilibrium <input type="checkbox"/> Empathy: Inward, Outward and Upside Down <input type="checkbox"/> Fear: Waiting for the Other Shoe to Drop <input type="checkbox"/> Family of Origin: Back to My Beginnings <input type="checkbox"/> FAQs about STIs <input type="checkbox"/> Financial Protection, Planning and Independence | <ul style="list-style-type: none"> <input type="checkbox"/> Gaslighting: Losing My Grip on Reality <input type="checkbox"/> Expectations and Needs: What's Normal, What's Reasonable and What's Realistic? <input type="checkbox"/> Grief: "Now is the Time for Guts and Grace" <input type="checkbox"/> Healing Me, Myself and I <input type="checkbox"/> Help! How to Find a Good Therapist, Counselor, Coach or Group <input type="checkbox"/> Hope: Is It Even Worth the Risk? <input type="checkbox"/> Intimacy Anorexia, Avoidance and/or Aversion <input type="checkbox"/> Intuition: Can I Really Trust ME? <input type="checkbox"/> Journaling, Art and Creative Expression <input type="checkbox"/> Learning to "Let It Go"—and When NOT to Let Go! <input type="checkbox"/> Life In Balance: What Are My Priorities? <input type="checkbox"/> Loss: Counting the Costs <input type="checkbox"/> Living With Labels: What Do We Call What's Happening Here? <input type="checkbox"/> Meditation and Mindfulness: Learning to Live in THIS Present Moment <input type="checkbox"/> Modalities for Trauma Recovery: EMDR, Somatic Experiencing, Reiki, Hypnosis, Coaching, Therapy, Process Groups <input type="checkbox"/> Mommy Mode! Parenting in Partnership with an SA <input type="checkbox"/> Living in My Skin: Physical Health, Healing and Wholeness <input type="checkbox"/> Polygraph Testing Q&A <input type="checkbox"/> Relapse Preparedness Plan for Partners— "Just In Case" <input type="checkbox"/> Relationship Renovation: Rebuilding US from the Ground Up | <ul style="list-style-type: none"> <input type="checkbox"/> Resource Roundtable: What Else is Out There? <input type="checkbox"/> Self-Care, Self-Protection and Self-Advocacy <input type="checkbox"/> Self-Love and Self- Esteem: If Not Me, Who? If Not Now, When? <input type="checkbox"/> Self-Soothing and Emotional Regulation <input type="checkbox"/> Sex, Intimacy and Womanhood <input type="checkbox"/> Sexual Sobriety, Integrity and Recovery: What's Our "Role in Relation" to these? <input type="checkbox"/> Spiritual Confusion and Crises of Faith <input type="checkbox"/> The Twelve Steps: An Introduction for Partners <input type="checkbox"/> Therapeutic and/or Trial Separations <input type="checkbox"/> Three Stages of Partners Recovery— Based on APSATS' Signature Multidimensional Partners Trauma Model (apsats.org) <input type="checkbox"/> To Tell, or NOT to Tell? Sharing our STUFF with Children, Parents or Friends <input type="checkbox"/> Trauma, PTSD and C-PTSD <input type="checkbox"/> Treatment-Induced Trauma: When Helpers Do More Harm than Good <input type="checkbox"/> Triggers: When The Going Gets Tough <input type="checkbox"/> Trust: Who, What, Where, When, Why and HOW? <input type="checkbox"/> -----
----- <input type="checkbox"/> -----
----- <input type="checkbox"/> -----
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|--|--|---|

FINISHED? LET'S GET THIS PARTY STARTED!

Depending on your computer hardware and software, you may be able to type directly into these form fields, resave the file, then email it back to me. Alternatively, you can print these pages, write in your answers, then scan or photograph the pages. Whichever way you can make it happen, the important thing is that we get the ball rolling. If you encounter any technical difficulties, please shoot me a text, call or email. We'll figure it out together.

Upon confirmation, I'll ask all group participants to read, sign and return my COACHING AGREEMENT and CLIENT CONTACT FORM. You can preview my coaching agreement (and learn more about me and my coaching style!) on my website, www.womeneverafter.com.

*I'm eager to connect with you!
Until then, -C*