

Individual, Marriage, and Family Enrichment

601 W. Nifong Blvd, Bldg 1, Suite 1E
Columbia, MO 65203

Thursday Night Therapy Group

When: The second and fourth Thursday of the month. 6:30 – 8:00 PM.

Where: 601 W. Nifong Blvd, Building 1, Ste 1E

Facilitator: Brian Bowles PhD, MEd, LPC

Cost: The cost for the group is \$90 per month

This group is for individuals who wish to change or maintain a change in a compulsive sexual behavior. It is for people with “sexual sobriety” or who are working toward sobriety, and who would like support in their efforts.

Participating in this group provides benefits in your efforts to grow beyond your compulsive behavior. The group offers support and accountability, a sense of working together with others to make or maintain positive changes, and a safe place to talk with others. You will receive feedback on your progress from the facilitator and other members as you work toward a greater understanding of yourself. As you see others making positive changes, you will gain confidence in your own ability to make and maintain changes.

Emotional difficulties and relationship issues are often a hurdle to maintaining a satisfying life. Group therapy lets you explore these difficulties in a useful, productive manner. This therapy group promotes personal growth through an examination of those patterns of relating to others that cause you difficulties. You will meet and interact with others working to recover from the impact of a compulsive behavior on their lives. You will have the chance to listen and provide feedback to others in the group, and you'll be challenged to reflect on how you behave, how your behavior impacts others, and how you respond to the behavior of the other members of the group.

This is a “process group,” which means there will be a focus on the interactions within the group. Please come prepared to talk about yourself and your challenges, to think about and discuss your strengths and goals, and to respond to other group members and the facilitator.

Brian Bowles, PhD, MEd, LPC, received his doctorate in philosophy from Loyola University Chicago and his MEd in counseling psychology from Stephens College. He has worked as an individual and group counselor for both residential and outpatient clients at a substance-abuse treatment center in town, where he was Clinical Director. Brian practices counseling using a personal approach tailored to the strengths and needs of each individual, incorporating well-established techniques from a variety of models of human growth and change. Prior to entering the counseling profession, Brian was a college philosophy professor in Chicago and Maryland. He sees philosophy as a “caring for the self” and uses philosophical techniques of inquiry to foster examination of one’s unexamined values, which can ideally lead to changes in our patterns of thinking about and acting in the world.

To participate or refer to the group, or for more information, please contact Brian Bowles at Bowles@imfcounseling.com or Jeremy Duke at jduke@imfcounseling.com or call (573) 228-6702.