



NEWLIFE

Intensives Information

Thank you for inquiring about our life changing weekend intensives! Your interest shows an awareness that your life can be better and something needs to change for that to happen.

Perhaps this was the first step you've taken in a long time that will begin a journey of healing for you. Whatever it was that piqued your interest, I know you will be encouraged as you find a new way of looking at things and a way to deal with the challenges in your life.

All New Life intensives are Christ-centered programs that challenge you to look at your past and examine the underlying issues keeping you from living the redemptive life God has for you. The combination of large group teaching sessions and small process group work, led by licensed Christian counselors, offers a variety of ways to discover the nature of your struggles and receive the tools to overcome them.

This isn't going to be a restful time of simply listening to lectures. This is going to be a time of learning from large group teaching sessions, listening to others, sharing in small process groups, and offering support to fellow group members. We call it an "intensive" for that reason – it is intense!

Please make your plans to join us; don't put it off!

New Life Ministries
Founder & Chairman of the Board





Every Man's Battle 3-Day

Becoming a man of sexual integrity is an ongoing process, and we can help you on the journey.

life of shame to freedom.

In just one weekend, Every Man's Battle can start you on the pathway to becoming the man you hope to be. Throughout the weekend you are surrounded by men just like you, and given tools by leading experts to help you move from living a

If you have a problem with pornography, lusting, sexting or affairs, join us before the problem becomes a sexual addiction. You will quickly realize you are not alone and there are resources and insights for you to live as a man of sexual integrity.

Who Should Attend

Men desiring to walk with sexual integrity, whether struggling with porn, emotional or physical affairs, adultery, lusting, sexting, sexual fetishes, voyeurism, cross dressing, prostitutes or same sex attraction.

You'll Learn About

- Origins of sexual behavior & its effects on you
- How sexual addition affects your loved ones
- What happens to your brain as a result of addiction
- The cost of addiction
- Rebuilding trust with your wife
- Relapse prevention
- Boundaries
- Triggers
- Understanding shame
- The addictive cycle
- Forgiveness
- A battle plan for recovery

Cost and Value

- 2 nights lodging (for accountability, all attendees are required to stay at the host hotel)
- 6 meals – Friday lunch & dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast
- 8 teaching sessions
- 8 small group process sessions (9¼ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$1,250 (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$1,450 (rate begins 14 days prior to the workshop)

A few times a year we offer an online version of this intensive. The online intensive is a one-day Saturday event (9:00AM – 9:30PM CT) with 6 teaching sessions and 5 small group process sessions. For the most successful experience, we highly recommend attending one of our many in-person workshops.





Restore 3-Day

Has the pain of someone's sexual betrayal devastated your life? Whether it's betrayal due to pornography, affairs, adultery, voyeurism, lusting, prostitutes, sexting, sexual fetishes or same sex attraction — sexual betrayal is traumatizing.

The Restore Intensive helps women whose hearts have been shattered by sexual betrayal find hope. Many women who come to the intensive feel very alone and are filled with shame, anger and worthlessness. Some have never even shared their story. But once they arrive, they discover women of all kinds and ages are struggling as well, and they begin to feel safe to open up and share.

Restore is the place to realize you are not alone. Restoration is possible – if not for your marriage, for you!

Who Should Attend

Women dealing with the pain and trauma of sexual betrayal. Women whose husband, boyfriend or father is in to porn, strip clubs, prostitutes, sexting, voyeurism, cross dressing, or same sex attraction.

You'll Learn About

- The sexual addiction cycle & why he does what he does
- Negative self-beliefs & the vows you've made
- Trauma, anger, bitterness & guilt
- Tools for the early stages of recovery
- Unhealthy & healthy coping skills
- Living a restored & redeemed life
- Forgiveness
- Rebuilding trust
- Marriage after betrayal
- Self-care
- Disclosure
- Triggers & boundaries

Cost and Value

- 3 meals – Friday dinner; Saturday lunch & dinner (breakfasts are on your own)
- 8 teaching sessions
- 6 small group process sessions (8½ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$900 (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$1,100 (rate begins 14 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While you are not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





Intimacy In Marriage

3-Day

Is your marriage a dream or a nightmare? Do you feel fully known by your spouse? Do you know what true intimacy in marriage is supposed to be?

The *Intimacy In Marriage Weekend* examines the various types of intimacy – spiritual, emotional and physical – as well as the challenges of experiencing true intimacy. You and your spouse will discover and understand what is needed for healthy, whole and God-centered intimacy.

Don't settle for a miserable marriage, or even one that's just ok. It is possible to experience a new level of intimacy and have a great marriage!

Who Should Attend

All married or engaged couples -- whether your marriage is on the verge of divorce, or it's been good for years but feels like it's lacking a deep soul connection.

You'll Learn About

- Spiritual intimacy
- True intimacy & connection
- The impact of disconnection
- Forgiveness
- Attachment styles
- Challenges to intimacy
- Communicating on a deeper level
- Your family of origin & it's effect on your marriage
- Being a sexually competent husband
- Being a sexually confident wife
- Conflict resolution
- Repairing your side of the street

Cost and Value

- 2 meals – Friday dinner; Saturday lunch (Saturday's dinner is on your own to give each couple time to share & connect. Breakfasts are on your own as well.)
- 6 teaching sessions
- 5 small group process sessions (5 hours) facilitated by a credentialed New Life Network Counselor
- 1 half hour private session with your group facilitator
- Early Registration Rate: \$700 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$900 per person (rate begins 14 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





Emotional Freedom Online 1-Day

Have your emotions been running your life? Are you unable to move forward no matter how much you try or want to? Are unhealthy patterns of behavior impacting your ability to live a full life? The struggle is real and yet there is hope for a better future!

The Emotional Freedom Intensive can be the beginning of changing the trajectory of your life. At the intensive you will understand the role and power of your God-given emotions; dive into specific emotions that creep up and derail your life; learn how traumatic events impact your present; and begin to live life with God's freedom.

With the guidance of a credentialed New Life Network Counselor, you will outline a plan to heal your mind, body, spirit and relationships.

Who Should Attend

Anyone who is stuck in guilt, shame, depression, procrastination, unhealthy relationships or the past. Those who feel like they are in a rut but desire something more from life. Those looking for direction and wanting to experience a full and free life.

You'll Learn About

- The Power of Our Emotions
- Guilt & Shame
- Codependency
- Depression
- Procrastination
- Unhealthy Relationships
- Trauma

Cost and Value

- 8 teaching sessions
- 4 small group process sessions (5½ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$450 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$550 per person (rate begins 14 days prior to the workshop)



Lose It For Life Online 1-Day



Do you want to live free of obsessions and compulsions in your eating habits? Do you want to resolve the inner conflicts overloading your life and triggering your eating? If you are ready to begin a comprehensive plan that provides freedom in every area of your life, this workshop is for you!

The weight we carry on the outside is often a result of the burdens encumbering us on the inside. If we can reduce our inner burdens of guilt, shame, stress, fear, grief, anger, disappointment, regret, and rejection; we can reduce the outer layers that reflect these inner struggles. In fact, if we can apply God's light to the dark places of our soul, we will remove the need to eat in excess as a defective means to find comfort and relief.

Lose It For Life is more than a food plan. It addresses the psychological, emotional and spiritual aspects of a healthy lifestyle. It incorporates the latest research, practical steps and biblical truth for achieving long-term success.

If the yo-yo of weight-loss and weight-gain has left you exhausted and frustrated, *Lose It For Life* will deliver the success and peace you're looking for!

Who Should Attend

Anyone who has tried diet programs and experienced the joy of making progress only to be followed by the shameful defeat of gaining back the weight. Those ready to get to the bottom of their inability to lose weight and keep it off.

You'll Learn About

- Your thoughts & your health
- Obsessions & compulsions
- The faith fitness connection
- Fatal excuses
- Relapse prevention
- Emotional eating

Cost and Value

- 7 teaching sessions
- 4 small group process sessions (4½ hours) facilitated by a credentialed New Life Network Counselor
- (5) 10 minute exercise sessions
- Early Registration Rate: \$400 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$500 per person (rate begins 14 days prior to the workshop)



General Intensive Information

Process Groups

All intensive attendees participate in general sessions then break out into process groups. Facilitated by a New Life Network Counselor, these groups help you process the life changing information presented in the general sessions. You will connect and share with the group your story and create a plan for when you go back into your daily life. There is a ratio of one facilitator for every eight to ten attendees.

Schedule

- **In-Person:** Check-in times vary by intensive, with the earliest start time being Friday at 11:00am and the latest Friday at 2:00pm. All intensives conclude on Sunday at noon.
- **Online:** Start and end times vary by intensive with the earliest being Saturday at 9:00am CT and the latest at 9:30pm CT.

Location

- **In-Person:** The intensives are held at hotels in various locations around the country. We encourage anyone in need to attend the next scheduled intensive rather than one that may be closer to home but scheduled further in the future.
- **Online:** The intensives are held through the use of Zoom. Attendees must have:
 - A computer or tablet with audio and video capabilities
 - An internet speed sufficient for live stream video (note New Life is not responsible for any technical issues with your device and no refunds will be given should your device not be able to adequately stream this workshop.)
 - A private room where you can focus on the content being presented and interact with your fellow group members with no distractions

Registration

You may register by calling 800-NEW-LIFE (639-5433) or at newlife.com. Please register early. We have limited meeting space and expect to fill to capacity.

- Registrants must be at least 18 years of age
- Early registration discounts are available
- Special discounts are available for Club New Life members and those who have attended other New Life intensives (*You must call to receive the Club New Life and Alumni rates. These rates are not available online.*)

Cancellations

- If you cancel 14 days or more prior to the intensive, you will receive a refund of the amount you've paid minus an administration fee of \$200 per person for in-person and \$100 per person for online.
- If you cancel less than 14 days before the start of the intensive or do not show up for the intensive, no refund shall be given.

Health Insurance Coverage

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the intensive as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so please check with your tax advisor.

Childcare

We ask that your children stay with a trusted family member or friend. No childcare is provided at the intensive, and children are not permitted to attend any part of the intensive.



About the Speakers



Steve Arterburn - *Emotional Freedom*

Steve is the host of the #1 nationally syndicated Christian counseling talk show, *New Life Live!*, heard and watched by millions each weekday on over 180 radio markets, SiriusXM Satellite radio, and the NRB television network. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life*, *Take Your Life Back*, and co-editor of *The Life Recovery Bible*. With over 15 million books in print, he has been writing about God's transformational truth since 1984. He has won three Gold Medallions for writing excellence.

Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees. He resides with his family in Carmel, Indiana.

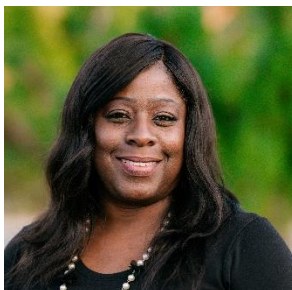


Becky Brown – *Emotional Freedom & Intimacy In Marriage*

Becky is a licensed Professional Clinical Counselor who has been with New Life Ministries for over 20 years. She began work with New Life Clinics and was part of the counselor network from its beginning. Becky has worked at the New Life Intensiveness since 2003.

Becky is the co-author of *Understanding and Loving a Person with Bipolar Disorder*, *100 Days to Freedom from Fear and Anxiety* and *100 Days to Freedom from Anger*. She is the co-producer and writer for Life Recovery Today TV, a co-host for *New Life Live!* and president of New Life Ministries.

Becky and her husband, Bruce, live in Ohio and enjoy spending time with their adult kids and grandchildren – usually on a boat on the lake.



Jacqui Mack-Harris - *Emotional Freedom*

Jacqui works as a Licensed Marriage and Family Therapist at The Center for Individual and Family Therapy (CIFT) and Reset Counseling Services. She is a graduate of The Chicago School of Professional Psychology, where she obtained her PsyD in marital and family therapy.

She earned her Master's degree in Marriage and Family Therapy in 2014 from Hope International University. She earned her bachelor's degree from the University of Phoenix, in Human Services Management. Jacqueline is a United States Air Force veteran. She has 23 years of experience working as a Licensed Vocational Nurse.





Laura Mangin-McDonald – *Intimacy In Marriage & Restore*

Laura is a Licensed Professional Counselor with over 35 years of experience. She is co-founder of Christian Insight For Life, a non-profit teaching and discipleship ministry dedicated to reaching Christians and non-Christians across the globe.

Laura's practice is specifically geared towards helping people heal from early childhood trauma, betrayal, and sexual integrity issues in marriage. She is professionally equipped to walk people through the recovery process based on her years of experience and training, but her personal experience of being betrayed in her marriage and successfully moving through the recovery process carries the most weight. Laura is passionately committed to helping women face the crushing reality of betrayal in their marriages and move them through the recovery process of healing and hope for the future!



Stacey Sadler - *Restore*

Stacey's counseling career was born out of her own healing. Thus, she sees herself as a wounded healer. Stacey has had the experience of being a betrayed partner as well as having a partner with an addiction. This helps her uniquely understand the impact that sex addiction can have on client's lives. She is an EMDR Certified Therapist and a Certified Clinical Partner Specialist through The Association of Partners of Sex Addicts which both equip her for her extensive work with those suffering from betrayal trauma.

Stacey also speaks to groups on topics like betrayal trauma, single womanhood and intimacy in marriage. She is a writer, with her first book on the subject of Single Parenting due to be published in 2022. She received her undergraduate degree from Texas State in 1988. Her graduate degree is from Liberty University in Lynchburg, Virginia. She became an LPC in late 2010. She lives in Missouri City, Texas and spends her spare time enjoying the beach.



Alena Alshure - *Lose It For Life*

Alena is a licensed professional clinical counselor, personal trainer, and brain health coach. She joined the New Life Counselor Network eight years ago after she and her husband attended a New Life marriage weekend and their marriage was forever changed! Alena is the co-author of *100 Days to Freedom from Overeating*.

During her 18 years in the fitness industry and 15 years in the mental health field, she has loved helping people discover the transformation that happens when they address both the internal and external obstacles to better health.

Alena and her husband Brian live in Maryland and enjoy spending time with their two dogs, Kona and Nala, as well as family and friends. Alena loves lifting weights to worship music, soaking up the sunshine, and cooking Armenian food with her mom and sisters.





JJ West - *Every Man's Battle & Intimacy In Marriage*

JJ is a Licensed Marriage and Family Therapist. Originally from Central Florida, he received his Masters and Specialist degrees in Counselor Education from the University of Florida. Before becoming a therapist, he worked for several years with college students both with a Christian organization and on church staffs. He is married and has two children. He enjoys outdoor adventures with his family, traveling to other cultures, good movies, and Florida State University sports.



Chris Williams - *Emotional Freedom*

Chris is a licensed Marriage and Family Therapist. He received his M.A. in Marriage and Family Therapy from Hope International University where he also served as Director of Spiritual Formation for 5 years and is currently an adjunct professor. He also works with treatment industry leaders and teams as a consultant and coach. He has become a highly sought after specialist in the treatment of complex trauma and multiple addictive issues. He strongly believes in a holistic approach to understanding the biological, psychological, relational and spiritual factors that impact people and their functioning.

Chris loves playing basketball, golfing and playing with his two young boys. Chris' most important and rewarding role in his life is husband to his wife and father to his two boys. He loves spending time with his family and lives in Orange County, California.

