

The LTRM

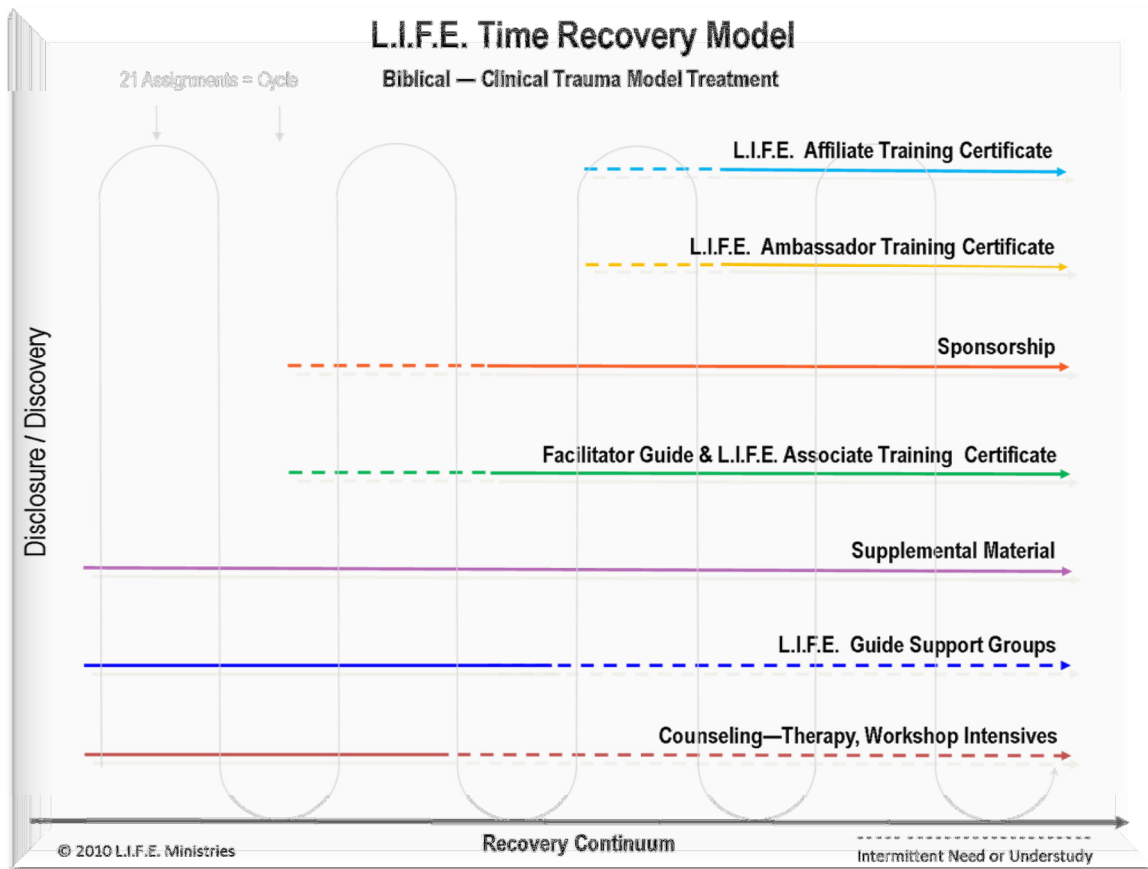
L.I.F.E. Time Recovery Model

Thank you for taking the time to view L.I.F.E Ministries’ L.I.F.E. Time Recovery Model. What you are about to read is a compilation of “Best Practices” for addiction recovery from practitioners, group facilitators and those who have implemented these practices to successfully Live In Freedom Every day. L.I.F.E. Ministries is dedicated to continually provide proven addiction recovery information from a biblical and clinical basis. We hold great expectations for those who view this model and follow its practices.

May God richly bless your efforts.
L.I.F.E. Ministries International

Established in 2000, the Lord has equipped L.I.F.E. Ministries International with excellent materials written by the foremost authorities in sexual addiction recovery.

The **LTRM**, or the L.I.F.E. Time Recovery Model, is fully endorsed by Mark Laaser PhD, the foremost Christian authority on sexual addiction recovery, a national board certified Christian counselor and a member of the Advisory Board for L.I.F.E. Ministries International.



The **LTRM** was created out of compassion for persons seeking sexual addiction recovery in an ever increasing and diverse market of programs, materials and books of which most offer incomplete or misguided information.

The **purpose** of the LTRM is now to provide proven methods for general addiction as well as sexual addiction recovery methods that unite the recovery strategies of individuals, organizations and ministries to work together, worldwide.

Included are brief descriptions of **L.I.F.E. Recovery Training Certificate Programs** that advance the LTRM. L.I.F.E. Recovery Training Certificate Programs are designed to further equip and educate the public and leaders by setting the biblical and clinical standard for all addiction recovery.

L.I.F.E. Recovery Training Programs are designed to encourage, empower and equip God's people to live every day in sexual integrity so to fulfill God's mandate for L.I.F.E. in raising up God's army to minister to the Bride of Christ. L.I.F.E. Ministries has researched and proven its training materials to be consistent with God's word providing trustworthy addiction education that includes support group dynamics to offer a safe environment for learning "healthy Intimacy" skills as well as personal and ministry vision. All point to God's unchallengeable design for His people to be "fruitful and multiply."

L.I.F.E. Certificate Programs are designed to establish a biblical and clinical standard of excellence that increases the scope and ability to minister to the Bride of Christ. Obtaining a Certificate cultivates group participants, facilitators and leaders to bear fruit that remains. These are leaders who seek to effectively serve their generation in the field of addiction recovery.

Maintaining a L.I.F.E. Certificate is to consistently endorse and apply the methods and standards of the **LTRM** including support group dynamics and addiction education materials. There are three levels of Training Certificates: L.I.F.E. Associate, L.I.F.E. Ambassador and L.I.F.E. Affiliate. All three levels offer a 'L.I.F.E. Certificate of Completion.'

As a forerunner in sexual addiction recovery, L.I.F.E. Recovery Training Certificate Programs are intended to set the industry standard by providing practical applications for individual recovery and service that is designed to duplicate the ministry at every level. We invite you to join us as L.I.F.E. Ministries seeks to be obedient to God's mandate and carry out His kingdom work in the area of sexual addiction recovery.

Goal of the L.I.F.E. Time Recovery Model is to...

- ♦ Work Together
- ♦ Uniting Ministry Strategies
- ♦ Teaching Trauma Model Recovery and
- ♦ Planting Support Groups

L.I.F.E. Ministries is motivated to work together with...

- ♦ The Christian community
- ♦ Addiction Recovery Ministries
- ♦ Counseling Professionals
- ♦ Colleges, Civic and Social Service Agencies and Prisons

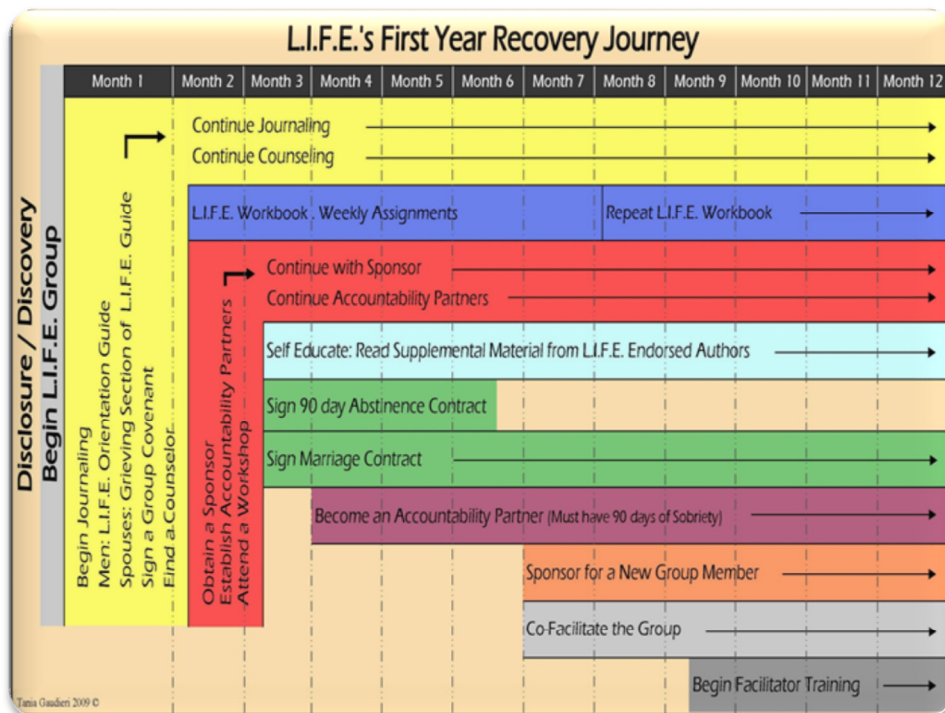
We recognize that the methods demonstrated in the **LTRM** are not exhaustive and that research may uncover new insights and in this endeavor to establish an industry standard we seek to remain open to new applications. However, in order for these additions to be adopted they should embrace and enhance the current **LTRM** principles for addiction recovery and be approved by L.I.F.E. Ministries' review board.

L.I.F.E. Ministries is pioneering new territory and raising up leaders called to speak on sexual addiction and plant support groups.

Could this be you?

Before a **“L.I.F.E. Time”** of recovery can be experienced one must intentionally develop disciplines that pursue wholeness, all of which are presented in this **LTRM**, with particular emphasis on the initiatives begun in the **First Year of Recovery**. Frequent evaluations of a “Recovery Plan” are crucial for success, especially at times when fulfillment appears illusive.

The following details the non-negotiable aspects for a successful **First Year of Recovery**.



1st Month - Begin attending L.I.F.E. Groups and connect with others on the road to recovery. Sign the group covenant as this begins the accountability process and begin journaling asking and answering questions, identify emotions and thoughts. Journaling is a valuable tool that allows a look back to see changes and growth on the journey. Also find a counselor for individual and couples recovery.

2nd Month - Continue attending groups, journaling and counseling. Begin weekly L.I.F.E. Guide Assignments. Obtain a Sponsor and Accountability Partners. Attend recommended intensive workshops.

3rd Month - Continue attending groups, journaling and counseling; Maintain accountability, check in daily with sponsor and or accountability partners. Begin addiction recovery Self-Education. Sign a 90-day Abstinence Contract this is recommended for individuals as well as couples. Sign a Marriage Contract with your spouse. This will establish healthy boundaries and encourage commitment that allows the couple to work on their individual recovery without fear that the marriage will end.

4th Month – Continue attending groups, journaling, counseling, daily check in with sponsor/accountability partners and abstinence commitment. After 90 days of sobriety and confirmed accountability, become an accountability partner.

5th & 6th Month - Continue with groups, journaling, counseling, sponsor, accountability partners and abstinence. **Be vigilant**, between the 3rd and 9th month is a dangerous time; one can become tired of disappointments, restrictions and all the hard work involved in recovery. Begin to seek God's vision for your life to Give Back.

7th & 8th Month - Continue with groups, journaling, counseling; sponsor and accountability partners. Before becoming a Sponsor maintain sobriety, accountability and finish 90 days of abstinence. Co-Facilitate the group, help set up for the meeting and/or lead the opening prayer. Continue to seek God's vision for Giving Back.

9th – 11th Month - Continue with groups, journaling, counseling, sponsor and accountability partners. Using L.I.F.E.'s Facilitator Guide, begin Facilitator Training while practicing and teaching the **LTRM**. As you seek God's vision for using your story, we strongly encourage the pursuit of L.I.F.E. Recovery Training Certificates as detailed in the **LTRM**.

12th Month – **Celebrate** as you continue walking in your recovery plan! Continue with group, journaling, counseling, sponsor and accountability partners. Experts suggest a **minimum of two cycles** through the L.I.F.E. Guide assignments to reinforce learned recovery truths that now, from a sober perspective, deepen intimacy and relationship skills. Proactively engage in Giving Back using your witness of God's transformation power to minister to those still in captivity.

The **First Year of Recovery is simply the beginning of the LTRM** which represents a lifespan of recovery. Recovery begins at the disclosure or discovery of addiction and moves toward freedom and service to the right, and stops at the end of life.

You will notice in the visual **LTRM** illustration that there are solid and dashed lines in the **LTRM**. Solid lines represent continual involvement, whereas a dashed line either signifies an intermittent need or in regards to L.I.F.E. Training Certificates represents a learning phase as an “understudy.”

This **LTRM** illustration is a lifespan continuum. Please note the “threads” or lines that represent roles or aspects of addiction recovery. There are simultaneous threads pictured in this illustration representing aspects of recovery occurring at the same time.

Some of these threads are non-negotiable methods for successful recovery and others are opportunities for selective means of service determined by one’s calling. These practices work in harmony toward the same end, a servant’s heart.

The vertical curving continuous line represents the L.I.F.E. Guide workbook assignment cycle of 21 weeks. We will describe the application of each horizontal thread (line) needed for a lifetime of successful recovery. Please keep in mind, this model portrays an ideal recovery scenario. Each recovery plan consists of a unique timeline taking into consideration specific circumstances for each individual.

Recovery Continuum - Carnes and Laaser imply an active recovery of 3 to 5 years contingent on the investment of working one’s program ***in addition to*** a maintenance phase of recovery demonstrated by continual service that invests into those ensnared by addiction. Leaving the recovery process increases the incidence of relapse substantially. In alignment with biblical principles, transformation continues until we pass from this life into the next.

Counseling, Therapy, Workshop Intensives - Participants need the benefit of Christian counseling, therapy and workshop “Intensives” to help work through deep rooted issues or troubling areas to maintain growth and sobriety. In addition to the benefits of counseling in the beginning of the recovery process, a need to return to counseling may occur intermittently to move beyond obstacles revealed on the journey. Professionals aid in the process by working through hidden factors that hinder our complete surrender. Workshops provide brief but intense help with underlying spiritual and emotional issues in the recovery process. In an intensive, participants can work on dynamics that might have taken many months if not years of counseling to uncover.

L.I.F.E. Guide Support Groups

The L.I.F.E. Guide principles and assignments are vital to revealing hidden factors needed to heal from addiction and to establish a lifetime of recovery. The L.I.F.E. Guides are based on 7 biblical principles and 21 assignments, plus 7 grieving
Sue Moore, L.I.F.E. Affiliate Program Director suem@freedomeveryday.org

assignments in the Spouses Guide. To ensure successful recovery, the authors recommend multiple cycles of the L.I.F.E. Guides in an ongoing, open or closed, group.

“L.I.F.E. Guides have been recommended as the most adaptable workbooks on the market today. They can be used in groups, mentoring one-on-one, adapted for therapists and therapy groups, churches and other organizations can use the material for “free standing” support group ministry (exclusive to sexual addiction), as a part of a broader recovery ministry for all kinds of issues and addictions, as part of existing programs, or if two people had no resources whatsoever they could work the L.I.F.E. Guide together. There have not been many, if any, programs/series that have this wide of utility.” *Richard Blankenship, LPC, NCC - Executive Director, American Association of Certified Christian Sexual Addiction Specialists*

Also vital to the **LTRM** is the L.I.F.E. Group environment. Reinforcing the L.I.F.E. Guide, a L.I.F.E. Group offers the essential crosstalk component which empowers participants to speak truth in love and to hold one another accountable this creates an “iron sharpens iron” environment that spurs growth and builds healthy intimacy skills. In the safety of a L.I.F.E. Group participants exercise their abilities to speak truth without fear and begin to practice these healthy behaviors in other relationships outside of the group environment. Please note, as one follows their recovery plan and sobriety and stability grow the L.I.F.E. Group attendance becomes intermittent (dashed line); however, the recovery effort is picked up on another line of service. Successful recovery never drops off the timeline.

IMPORTANT: New group attendees should be given a list of group members and their contact information, who have volunteered to mentor them during their first six weeks. We suggest that each new attendee be called within a few days after their first visit and encouraged to choose one of these volunteers to come alongside them.

Availability of L.I.F.E. Groups – At some point the facilitator must decide if the group will remain open for anyone in need at any time or if the group will be closed. Discern the Pros and Cons presented on the illustration and then optimize your L.I.F.E. Group as a recovery resource for your community. On a final note on L.I.F.E. Groups, no matter if your group is open or closed, lesson breaks, holidays and the summer season tend to disrupt attendance and progress.

Supplemental Material

Reading supplemental material is essential to the LTRM. Self-education is necessary to the recovery process, but supplemental material should ***never*** replace or interrupt the

recommended L.I.F.E. Guide assignment cycles.

Supplemental materials provide valuable information and are suggested to increase the understanding of the origins, consequences and behaviors of addiction and should complement consistent attendance in a L.I.F.E. Group. Supplemental materials are not sufficient to replace the L.I.F.E. Group's involvement in the recovery process.

In addition to utilizing the L.I.F.E. Recovery Training as supplemental material, here are some of L.I.F.E. endorsed authors to build your library and understanding, Patrick Carnes, Mark Laaser, Debbie Laaser, Marnie Ferree, Richard Blankenship, Russell Willingham, Cloud and Townsend. To see a complete list on our website go to <http://astore.amazon.com/lifemin-20>.

As the threads in the LTRM are faithfully implemented and our understanding of God's design is received, a time will come to take recovery to the next level of giving back. The remaining components listed in the **LTRM** provide opportunities to make a difference and serve future generations.

The **L.I.F.E. Associate** Training Certificate lays a solid and trustworthy foundation for service in the field of biblical and clinical trauma model recovery. L.I.F.E. Associate Training provides confidence of literacy in addiction recovery. The following are topics presented in the Associate training.

- Addiction Statistics - Defining the Problem
- Family Systems & Coping Methods
- The Neuroscience of Addiction
- Neuroplasticity
- The Addiction Cycle
- The Trauma Model of Transformation
- The LTRM & L.I.F.E. History
- Using the L.I.F.E. Guides Effectively
- L.I.F.E. Group Protocols and Structures
- Group Dynamics

L.I.F.E. Sponsors - One of the most honorable roles in recovery service is becoming a L.I.F.E. Sponsor for someone seeking a life of sobriety. As with Co-Facilitating, similar timing occurs for participants to become involved as a mentor or sponsor. Dependent on prompting and personal circumstances, mentoring or sponsorship may occur simultaneously with Facilitating or Co-Facilitating or in place of it. The requirements to be a L.I.F.E. Sponsor are:

- Must be a believer in Jesus Christ.
- Not necessarily be in a L.I.F.E. Group, but...
- Must have a Sponsor themselves, or have been sponsored before.
- Must be progressing in their own healing journey, progress not

perfection.

- Should have at least 6 months sobriety, not a requirement, but highly recommended.
- If married, have completed 90 days of abstinence.

The **L.I.F.E. Ambassador L1** (Level 1) Training Certificate, builds on an Associate Certificate and has been developed for those desiring to become community spokespersons seeking to advance addiction awareness and providing solutions that address the epidemic. The Ambassador L1 develops leader's expertise and confidence to educate the community by using recognized L.I.F.E. Ministries presentations and materials. The L.I.F.E. Ambassador L1 advances biblical, trauma model addiction recovery in their area or region.

The **L.I.F.E. Ambassador L2** (Level 2) **Trainer** builds on subsequent levels and provides an opportunity to ultimately become a part of the L.I.F.E. Ministries team to teach and train others in the **LTRM**.

The **L.I.F.E. Affiliate Program - L1** (Level 1) is built upon its leaders satisfying subsequent Certificates and replicating the mission of L.I.F.E. Ministries within an area or region by coaching an organization through the development of a comprehensive sexual addiction ministry for Men, Women, Spouses, Couples, Young Men and Young Women. The L.I.F.E. Affiliate Program is an all-inclusive approach to raising up leaders to serve in addiction recovery. The Affiliate Program offers a ministry "Business" plan to assist in:

- Leadership Selection
- Leadership Addiction Education (Associate Training)
- Leadership Vision and Mission
- Marketing and Promotion to the Community

L.I.F.E. Affiliates L2 (Level 2) have the opportunity to become a training "Hub" for L.I.F.E. Ministries International providing additional Training locations throughout the world to serve the Church as well as social and civic organizations.

L.I.F.E. Ministries is grateful for the Lord's provision of the L.I.F.E. Affiliate and the L.I.F.E. Recovery Training. But L.I.F.E. does acknowledge the Holy Spirit may lead a servant into ministry outside the realm of sexual addiction recovery. As in every case of restored relationship with the Father, we are to be a witness and testify to the path of redemption from (sexual) sin so others may be encouraged by the hope of our calling.

Simply stated, the L.I.F.E. Time Recovery Model brings hope to the hopeless with proven applications for recovery while offering purposeful opportunities to give back and comfort in the way we were comforted. Our heart is that you too will be inspired to serve others and make a difference in your generation.

L.I.F.E. Ministries International Mission Statement

L.I.F.E. Ministries is a Christ centered support group ministry whose mission is to encourage, empower and equip God's people to live every day in sexual integrity.

L.I.F.E. Time Recovery Model

Sets the Biblical and Clinical Standard for Trauma Model Addiction Recovery

L.I.F.E. Recovery Training Certificates

A compilation of concepts built on the supremacy of God's word and the gifting of many experts in their field providing trustworthy addiction education that teaches the **LTRM**.

L.I.F.E. Affiliate Program

A Ministry "Business Plan" - Planting Addiction Ministries World-Wide

Work the Program - the Program Works

Thank you, may God richly bless our efforts to glorify His name!

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