



INTEGRITY  
RESTORED™

# Men's Intensive Workshop

By Peter C. Kleponis, Ph.D., SATP-C



October 12–15, 2017

**IHM Spirituality Center**

Immaculata, PA

## About the Workshop

### What is the Workshop?

The Integrity Restores Men's Intensive Workshop is a three-day event for men struggling with pornography addiction and any other compulsive sexual sins. It is developed and hosted by Dr. Peter Kleponis, the foremost Catholic authority in America on pornography addiction and recovery. Assisting Dr. Kleponis is a team of top Catholic licensed therapists from around the United States. The goal is to help men get a real jumpstart in their recovery process so they can experience real freedom from their compulsive sexual behaviors.

The workshop not just about learning the strategies to stop acting out sexually. It's also about understanding the deep wounds and patterns that drive these unhealthy behaviors. By deepening their relationship with God, and understanding His great love for them, men will come to experience true healing and transformation. Men will be guided in developing their own customized recovery programs based on Dr. Kleponis's *Integrity Starts Here!* program, the first and only comprehensive Catholic recovery program for pornography/sexual addiction.

The workshop format is flexible, depending on the needs of the group. The workshop is limited to 20 participants and consists of three days of interactive teachings, small group sharing, individual and group activities, prayer and sacraments. Trained therapists will facilitate small-group activities. In addition to embarking on the journey of healing and recovery, participants will grow emotionally and spiritually. The workshop is a place to begin the process of healing, growth and change!

## Who Should Attend?

The workshop is for any man, age 17 and older, who wants to recover from an addiction to pornography and any other compulsive sexual behaviors. In addition to pornography, men may struggle with fantasy, lust, masturbation, sexual encounters, affairs, and even fetish behaviors. Regardless of the behaviors, the common goal of all participants is to experience freedom. Ultimately, the sexual behaviors are merely symptoms of common emotional and spiritual wounds. At the workshop participants will begin to uncover those wounds and allow God in to heal them.

The workshop is great for both people who are new to recovery and those who have been in recovery for a while, but have not been able to achieve sobriety. Others may come to gain new insights into the root causes of their addictions. This will help them further their healing and recovery. Participants work within a caring and supportive environment where they can let go of shame and be truly authentic with each other and with God. Here is where God can begin the awesome transformational process of recovery.

## How will it Help Me?

At the workshop you will learn about the physical, emotional and spiritual dynamics of sexual addiction. You will learn how sex is often used to cope with deep emotional and spiritual wounds, and how this turns into addiction. By identifying the wounds you have been using pornography and sex to self-medicate, you will understand the true healing that is needed in your life. You can then work on healing those wounds. You will learn healthier ways to deal with life's challenges. You will learn how to have healthy relationships and experience true intimacy. More importantly, you will truly come to understand God's great love for you and how He cares for you. You will begin to see how God is truly active in your recovery and your life. This results to lasting sobriety and freedom!

A close-up photograph of a young man with dark hair and a beard. He is wearing a dark baseball cap and a light-colored t-shirt. He is looking slightly upwards and to the side with a thoughtful expression, his hand resting against his forehead. The background is blurred.

By using Dr. Kleponis's *Integrity Starts Here!* recovery program, you will work on developing your own comprehensive recovery program. This includes strategies to achieve and maintain sobriety, support and accountability, counseling, education, growth in virtue, and Catholic spirituality to understanding God's great love for you and His desire for you to achieve freedom. Ultimately God wants to transform all men who struggle into strong and virtuous men of God!

The ultimate goal for the workshop is for it to be a life-changing event. When you leave the workshop, you will not only have the skills needed to achieve sobriety, you will have begun developing a comprehensive recovery program. In this short-term, intensive setting your investment of time and money is maximized. The work done in this workshop can be equivalent of 3 to 6 months of individual therapy.

For participants this workshop offers a huge jumpstart and boost in recovery. For therapists, clients return to therapy with more insight and motivation to work toward ongoing recovery.

## Dates & Times

**THURSDAY 5:00PM – SUNDAY 12:00PM**  
Includes brunch on Sunday

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## Format & Agenda

The workshop begins on Thursday evening at 5:00pm with dinner, followed by introductions and the opening session. Each of the next two days is filled with five sessions: two in the morning, two in the afternoon, and one in the evening. Each session will consist of an interactive teaching, individual and small group exercises, and small group sharing. There will also be time for individual and group prayer, the sacrament of reconciliation, and mass.

The workshop is a group experience and individual counseling sessions are not part of it. During the small group breakout sessions, though, each man has extensive time to share personally. Sessions normally begin by 8:30 a.m. and continue until 9:00 p.m.

The workshop will conclude on Sunday morning around noon after brunch.



## Workshop Leaders

The workshop is staffed by at least master's level, licensed clinicians. Since this is a men's workshop, it will be led primarily by male therapists. All workshop leaders are devout Catholics with specific clinical training in treating sexual addiction and related issues. **The workshop leaders are:**



**Peter C. Kleponis**  
Ph.D., L.P.C., SATP-C

Peter C. Kleponis, Ph.D., L.P.C., SATP-C is Founder and Director of the Integrity Restored Men's Intensive Workshop. He is Senior Advisor for Educational and Clinical Programs for Integrity Restored. He is a Licensed Clinical Therapist and Assistant Director of Comprehensive Counseling Services in Conshohocken, PA. He holds an M.A. in Clinical-Counseling Psychology and a Ph.D. in General Psychology. Dr. Kleponis has over 20 years of professional experience working with individuals, couples, families and organizations. He specializes in marriage & family therapy, pastoral counseling, and pornography/sexual addiction recovery.

He is Certified in the Diagnosis and Treatment of Sexual Addictions. Dr. Kleponis is author of four books, *The Pornography Epidemic: A Catholic Approach* (2012), *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography* (2014), and *Integrity Starts Here! A Catholic Approach to Restoring Sexual Integrity* (2016), and upcoming *Hearts Restored: Hope for Catholic Marriages Torn Apart by Pornography Addiction* (2018). Dr. Kleponis is also founder of the *Integrity Starts Here!* Catholic recovery program for pornography and sexual addiction.



**Justin H. McManus**  
M.A., L.C.W.

Justin H. McManus, M.A., L.C.S.W. is a Licensed Clinical Social Worker and Certified Addictions Professional in the State of Florida. He is dedicated to providing a warm, accepting environment where children, adults, and families can experience psychological healing through evidence-based psychotherapy rooted in a Christian anthropology. Some of his specialties include adolescent depression, marital problems, pornography addiction, substance addiction and trauma/PTSD.

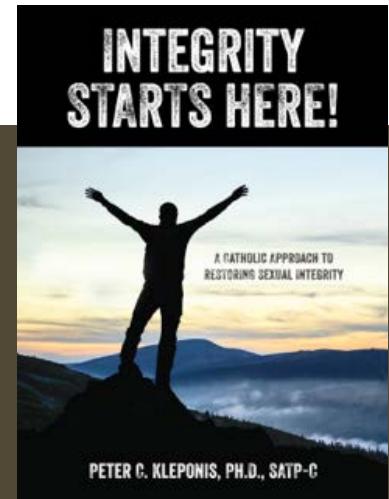


**Michael Wenisch**  
L.C.P.C.

Michael Wenisch, LCPC, is a Licensed Clinical Professional Counselor who also holds a Ph.D. in philosophy, and is a former professor of philosophy. His clinical specialty is in the area of addictions, with a particular emphasis on sex addiction. His assets as a psychological counselor for sex addiction include an abundance of past practical experience in helping sex addicts overcome their addiction. Additionally, he brings to bear on his counseling practice not only a well-developed theoretical understanding of the psychological roots of sex addiction, but also an extensive and carefully articulated base of knowledge, drawn from both philosophy and theology, of the fundamental meaning and purpose of human sexuality. As such, the framework within which he practices psychological counseling with sex addicts is in full accord both with the teachings of the Catholic Church on human sexuality, and with broader Catholic principles concerning the necessary means of growing in holiness.

## Workshop Materials

A copy of Dr. Kleponis's new book, *Integrity Starts Here! A Catholic Approach to Restoring Sexual Integrity* will be given to each participant and used as the primary text for the workshop. Each participant will also be given a notebook and pen.



## Location & Lodging

The workshop will be held at the beautiful IHM Spirituality Center in Immaculata, PA. The IHM Spirituality Center is a place of retreat and renewal for people who gather from all walks of life. Here they come to dwell within its rooms and walk the quiet paths that surround *Villa Maria House of Studies*.

The IHM Spirituality Center is situated across from the Immaculata University campus in the heart of Chester County. Acres of woods and fields and miles of walking paths invite the retreatant to explore the tranquility that nature offers. A lovely, small chapel invites the seeker of peace to come aside and rest with the Lord.

### Travel Information

**THE IHM SPIRITUALITY CENTER  
IS LOCATED AT**

1140 King Road, Immaculata, PA 19345

**PHONE**

610-647-4136

Participants are responsible for their own transportation to and from the workshop. The retreat house is easily accessible by car and there is plenty of free parking. It is about a 45-minute drive from Philadelphia International Airport and about a 20-minute drive from the Paoli Amtrak Train Station.



## What to Bring/What to Leave at Home

Cell phones, laptops, iPads, tablets and similar items are not permitted at the workshop. Please leave them at home. If you are uncomfortable traveling without a cell phone, bring it with you to the retreat house and turn it off before you enter the workshop. Staff will collect all cell phones and other electronics and keep them until the workshop ends. If you don't believe you can be totally disconnected from work, you're encouraged to attend a future workshop when you can dedicate time away.

Bring clothes for four days, personal toiletries, medicine and any other essentials you'll need. Bring a Bible, a journal, recovery related reading or personal devotional materials if you like. We'll provide everything you'll need during the workshop itself, including a workbook, paper and pen.

## Registration Information

### COST

\$1,200– this includes the workshop, materials, meals and lodging.

### REGISTER

Register online by visiting [MensIntensive.com](http://MensIntensive.com)  
or by contacting Jim O'Day, Executive Director at  
[jimo@stewardshipmission.org](mailto:jimo@stewardshipmission.org)



# A Jumpstart For Your Healing Journey



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