

# RECLAIM GOD'S PLAN FOR SEXUAL HEALTH PORNOGRAPHY RECOVERY PROGRAM

## CLERGY TRAINING

Presented by Bruce and Jeannie Hannemann

The *RECLAIM Sexual Health Clergy Training* demonstrates the beautiful harmony that exists between recent discoveries in brain science, psychology, addiction recovery, and what the Church has taught for centuries about sexuality. Science and faith come together to offer *RECLAIM* participants hope and healing to achieve long-term, lasting change.

Clergy will be given information, insights, tools and suggestions for effectively implementing the *RECLAIM Approach* to healing pornography use and other unhealthy sexual behaviours. The *RECLAIM Sexual Health Online Recovery Program* together with spiritual leadership, psychological guidance, prayer, and the sacraments offer a way out of sexual sins.

“No testing has overtaken you that is not common to everyone.  
God is faithful, and he will not let you be tested beyond your strength,  
but with the testing he will also **provide the way out**  
so that you may be able to endure it.”  
I Corinthians 10:12-13

### Session One: The Pornography Pandemic – THE PROBLEM

*For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present **darkness**, with the evil spirits in the heavens.* Ephesians 6:12

- An Overview of the Pornography Pandemic
  - Spiritual Warfare
  - Internet Influence
  - Social Pressure
  - Scope of Behaviors
  - Shocking Statistics
  - Contraception/Abortion Connection
- Comparing Pornography with God's Plan for Sexuality
- Battlefield of Desires
- Fallen Man and Fallen Woman
- Effects of Self-Gratification vs Self-Sacrifice
- Issues of Ungodly Self-Reliance vs Righteous Love
- Impact on Individuals, Parents, Spouses, Children, Marriages, and Families
- Links to Contraception, Abortion, and Sex Trafficking
- Social Costs
- Questions and Answers

## Session Two - The Pornography Pandemic – WHAT IS HAPPENING?

*My people are destroyed from lack of knowledge . . . Hosea 4:6*

- Vulnerability + Authenticity = Intimacy
- Trauma Induced Sex Addiction
- Profile of a Porn User
- Lived Experience
- Progression of Pornography Use
- Shame Cycle
- How Sexual Conditioning Alters the Structure and Chemistry of the Brain's Complex Reward Circuitry
- The Power of Pornography to Create a Brain Chemical Dependency
- The "Funnel of Love" vs. the "Funnel of Lust"
- Implications of Brain Structure
  - Neuroplasticity
  - Reward Circuitry
  - Neurochemicals
  - Brain Development
  - Damaged Nervous System
  - Novelty
  - Habit Formation
  - Sexual Conditioning
  - Mirror Neurons
  - Supernormal & Unique Stimulus
  - Neurogenesis
  - Epigenetics
  - Heart and Brain Connection
  - Decision Making System
  - Discovery/Disclosure Trauma
  - Novelty – The Coolidge Effect
  - Mirror Neurons
  - Arousal Templates
  - Unique Implications for Youth
- Masturbation, Dependency, and Impotence
- Implications for Marriage Preparation
- Implications for Seminarians, Clergy and Church Leaders
- Spouse Trauma
- Recovery Confusion – Paradigm Shift
- Questions and Answers

### **Session Three - The Pornography Pandemic – Hope and Healing**

*"Do not be conformed to this world but be **transformed by the renewal of your mind**, that you may prove what is the will of God, what is good and acceptable and perfect."* Romans 12:2

- Brain Science of Behavior – Brain Science of Change
- Restrain vs Retrain
- Neuroplasticity, Neurogenesis, and Epigenetics offer Hope for Healing
- fMRI and the Power of Prayer
- Sacraments and Theology of the Body
- Clergy Approaches for Pastoral Advice, Spiritual Direction, Homilies, and the Confessional
- The RECLAiM Approach (Methods/Tools/Support)
- Effectiveness for Changing Unhealthy Sexual Behaviors
- Healing Process for Individuals, Couples, Marriages. and Families
- Collaboration with Mental Health Professionals
- Prevention Tactics
- St. Michael's Men and St. Monica's Mentors
- Resources for Clergy and other Church Leaders
- Establishing a Parish and Diocesan Plan
- Re"CLAiM" the Culture for Christ
- Questions and Answers

### **Session Four - RECLAiM SEXUAL HEALTH ONLINE RECOVERY PROGRAM**

*RECLAIM* is a different and break through approach to overcoming pornography use and other unhealthy sexual behaviors. This multi-support comprehensive program helps a struggling individual not only stop unwanted behaviors, but also helps to establish a new mindset of purity.

- Brain Science of Change
- Paradigm Shift - Retraining not just Restraining
- Neuroscience, Psychology, and Spirituality
- Private and Anonymous
- Saves Time and Focus
- Multi-media Video Training
- Cognitive Behavioral Tools and Techniques
- Affordable
- Online Access 24/7
- Coach and Connections
- World-wide Discussion Forums
- Support People (Focus on Clergy as Support Person)
- Spiritual Resources
- Personalized Practice

- Brain Exercises
- Daily Tracking Calendar
- Assessments and Success Log
- Tracking and Follow-up
- Journal
- Crisis and Setback Tools
- RECLAIM Plus
- Additional Resources
- Questions and Answers



### Session Five - NAVIGATE BETRAYAL ONLINE HEALING PROGRAM

NAVIGATE is a well researched resource designed to guide betrayed wives as they analyze what has happened, evaluate their options, engage in a plan to move from hurt to healing, and establish healthier relationships.

- Healing for Spouses
- Professional Experts and Peers
- Online Community
- Videos/Podcasts/Daily Messages/Forum/Personal Coach
- Private and Anonymous
- Cognitive and Behavioral Tools
- Online Access 24/7
- Questions and Answers

### Session Six - SUMMARY

- Review Key Concepts
- Free Access Passcodes
- Personal and Parish Response
- Questions and Answers

