Novus Mindful Life Institute Brings Comprehensive Sex Addiction and Betrayal Trauma Recovery Programs to Orange County from Garden Grove Office

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GARDEN GROVE, CA - July 06, 2026 -
Novus Mindful Life Institute Family Counseling & Recovery has announced that its full range of specialized sex addiction, pornography addiction, and betrayal trauma recovery services is now available to individuals and couples throughout Orange County from the practice's established office at 12832 Valley View Street, Suite 107, Garden Grove, California. The announcement follows the practice's recent relocation to Garden Grove, which positioned the clinic to serve a significantly broader population across the region.

The Garden Grove office brings together a clinical team with more than 17 years of focused experience in behavioral addiction and relational trauma recovery. Orange County residents seeking structured, evidence-based treatment for compulsive sexual behavior, pornography use, or the emotional aftermath of sexual betrayal now have direct access to that depth of expertise without having to travel outside the region for specialized care.

Duane Osterlind, Co-Founder, Licensed Marriage and Family Therapist (LMFT), and Certified Sexual Addiction Therapist Supervisor (CSAT-S), described the significance of the Garden Grove office in expanding

regional access to clinical-grade addiction recovery. "Orange County has a genuine need for specialized, team-coordinated care in the area of sex and pornography addiction," Duane Osterlind said. "What we offer goes well beyond general therapy. Our clinicians are credentialed specifically in sexual compulsivity and betrayal trauma, and the whole-team model we use means clients are supported by multiple professionals throughout their recovery, not just one therapist working alone."

The founding mission of Novus Mindful Life Institute has remained consistent since the practice was established in 2008. The organization was built on the conviction that individuals and couples affected by behavioral addiction and relational trauma deserve access to a secure, structured environment where meaningful healing is possible. That mission is grounded in three core principles: that people have inherent worth and the capacity to change, that relationships can recover from even severe ruptures when supported by the right clinical framework, and that treatment must address the whole person rather than focusing narrowly on the presenting behavior. Those principles continue to shape how the practice operates, how its clinical team is trained, and how care is structured for every client who walks through its doors.

The services now accessible to Orange County residents from the Garden Grove office span the full continuum of care typically required in sex and pornography addiction recovery. Sexual Addiction Treatment provides structured, trauma-informed support for individuals navigating compulsive sexual behavior, addressing both the behavioral patterns and the underlying emotional drivers that sustain them. Pornography Addiction Therapy offers a clinically guided process for identifying psychological triggers, interrupting compulsive cycles, and building durable recovery strategies grounded in current research.

For partners and couples affected by sexual betrayal or infidelity, the practice offers dedicated services including the Betrayed Partner Therapy Group, a professionally facilitated group setting specifically designed for individuals processing the trauma of a partner's compulsive sexual behavior, and Partner and Betrayal Trauma Counseling, which supports both individuals and couples through the clinical process of rebuilding trust and emotional safety. Female Pornography Addiction Counseling and a Men's Sex Addiction Recovery Group are also available, each addressing the distinct clinical and emotional needs of those populations.

For clients requiring a higher level of structured care, the practice offers an 18-week Intensive Outpatient Program designed specifically for sex and pornography addiction recovery. The program provides parallel care for both the individual in recovery and any affected partner, combining individual therapy, group sessions, and coordinated clinical oversight within a schedule that accommodates professional and family responsibilities.

The clinical team at Novus Mindful Life Institute includes multiple Certified Sexual Addiction Therapists (CSATs) and a Certified Sexual Addiction Therapist Supervisor (CSAT-S). Additional credentials across the team include training in Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral

Therapy (CBT), Dialectical Behavior Therapy (DBT), Emotionally Focused Therapy (EFT), Somatic Processing, and Mindfulness-Based Interventions. Treatment plans are developed individually for each client and informed by current research in neurobiology, attachment theory, and trauma recovery.

A central feature of the practice's clinical model is the inclusion of the betrayed partner from the outset of treatment. Rather than treating the partner's experience as peripheral to the recovery process, the partner-sensitive model at Novus Mindful Life Institute ensures that both individuals in an affected relationship receive concurrent therapeutic support. This structure is designed to address the full relational impact of sexual addiction and to create a stable foundation for whatever path forward the couple or individual chooses.

The Garden Grove office operates Monday through Sunday from 7:00 a.m. to 10:00 p.m. New client appointments are typically scheduled within one to two business days. Secure online therapy is available alongside in-person sessions, providing flexible access for clients throughout Orange County, including communities such as Rossmoor, Cypress, Los Alamitos, Huntington Beach, La Palma, Huntington Harbour, and surrounding areas. The practice holds a 4.8-star rating on Google.

For more information about the services available at the Garden Grove office, visit novusmindfullife.com.

Novus Mindful Life Institute Family Counseling & Recovery is a specialized behavioral addiction and relationship therapy practice founded in 2008, located at 12832 Valley View Street, Suite 107, Garden Grove, California. The practice provides evidence-based treatment for sexual addiction, pornography addiction, betrayal trauma, and infidelity recovery for individuals and couples. Services are delivered through a whole-team care model by a staff that includes multiple Certified Sexual Addiction Therapists (CSATs). Both in-person and online therapy options are available.

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For more information about Novus Mindful Life, contact the company here:Novus Mindful LifeDuane Osterlind562-431-5100admin@novusmindfullife.com12832 Valley View St, Ste 107, Garden Grove, CA 92845

Novus Mindful Life

Novus Mindful Life Institute provides sex and pornography addiction therapy, betrayal trauma counseling, and relationship support in Garden Grove.

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FAMILY COUNSELING AND RECOVERY