



# Crystal Clear & Sexually Recovered

## Virtual Intensive Outpatient Program

Breathe Life Healing Center's powerful care that clients have come to know and trust is now available virtually. Three hours a day, five days a week, in the V-IOP, Breathe empowers individuals to feel and think differently.

Clients learn how to regulate intense emotions, and find their way, regaining confidence and competence for living. Meth addiction is brutal and the fusion with sex makes it complex to treat.

### Our specialized care helps clients:

- Restore their ability to recognize safety
- Connect with others meaningfully
- Move from a system of protection, to connection
- Reduce anxiety through increased resilience

Breathe's custom crafted integrated trauma care is best in class.

Clients enjoy recovering parts lost due to addiction, to transform and live a more adaptive life.

A graphic representing a book cover. The top half features a photograph of a woman with blonde hair, wearing a blue jacket, looking towards the camera. The background behind her is a lush green landscape. To the right of the woman's photo is a vertical strip showing a close-up of a classical building's architectural details, like a doorway or window frame. Text is overlaid on the right side of the graphic.

**CRYSTAL CLEAR  
+ Sexually Recovered**

"We bring the power of the community and personalized coaching to your complex trauma and mental health treatment program."

- Kathleen Murphy, LMFT

a Changing State™ workbook

by Kathleen Murphy LMFT, LPC  
& Brad Lamm CIP

