Help for Couples

Welcome to Sex Addiction Recovery Counseling

James Gallegos, LMFT

Welcome. I'm glad you're here.

Beginning recovery is rarely easy, but taking this first step is significant. Whether you're seeking help for compulsive sexual behavior, pornography addiction, or patterns that no longer align with the person you want to be, you've already begun the process of change simply by reaching out.

What You Can Expect

Our work together is built on compassion, honesty, accountability, and hope. This is not a place for shame or judgment. Recovery is about understanding the patterns that keep you stuck and learning healthier ways to respond to stress, emotions, and relationships.

Our Focus

Together we will work to understand your recovery story, identify triggers and relapse patterns, develop practical recovery tools, strengthen emotional awareness, rebuild integrity and trust, and create a sustainable plan for long-term recovery.

Between Sessions

Meaningful change happens between appointments. You may be encouraged to practice new skills, journal, attend support meetings, read recommended materials, or complete reflection exercises.

What Recovery Looks Like

Recovery is not perfection. There may be setbacks along the way. Success is measured by increasing honesty, healthier choices, personal responsibility, and growing freedom—not by never struggling.

Communication

Email and text are best used for scheduling and administrative matters. If an urgent clinical issue arises, we will address it during your session whenever possible.

Confidentiality

Your privacy is important. Everything discussed in therapy is protected by HIPAA and Washington law, with a few legal exceptions that are explained in your Consent & Privacy Agreement.

A Final Thought

Recovery is one of the most courageous journeys a person can undertake. My hope is that our work together helps you become more authentic, more connected, and more aligned with the life and relationships you truly want.

I'm Looking Forward to Working With You

Thank you for trusting me with your recovery. We'll take this one step at a time.

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