



GARY B. WORRELL, M.S.

I have spent many years in the corporate environment doing training. I have always been drawn to human resource management and dealing with people on a personal level. It was that draw that led me to seek a Masters' Degree in counseling from the University of Phoenix. I have had a private practice in Denver since 2007.

My passion is to see men set free from compulsive behaviors with sexual addiction, pornography, and the financial chaos that often follows. The shame, trauma, anger and anxiety that are bound up at the core of these behaviors will all be addressed both in groups and individual counseling.

I use an eclectic combination of experiential and choice therapy, along with a modified 12-step program especially designed for sexual addiction. I employ biofeedback technology to reframe perceptions and integrated brain therapy that addresses stress.

I have been in recovery from sexual addiction since 2001. My expertise comes from having lived a duality for most of my adult life, becoming addicted to pornography at the age of twelve. My own marriage has come through the trials of this addiction, having been healed and restored. Through these experiences it gives me the ability to identify with men who struggle with similar issues and help them in their process of recovery.

I have been associated with Dr. Doug Weiss' Freedom group network, offering support to sex addicts since 2007. I am presently in process with a certification from AASAT (American Association of Sex Addiction Therapists) under the supervision of Dr. Weiss. I sit on the board for Step-Up ministry, which seeks to educate and re-integrate high-risk youth and felons back into society with life skills. I am a consultant and counselor with Excell Addiction Treatment Center in Denver, dealing primarily with drugs and alcohol. I have recently partnered with a local medical clinic offering Addiction Recovery Assistance: a four-month plan for drugs and alcohol using a prescription medication that does not require abstinence.

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