



NOVUS MINDFUL LIFE INSTITUTE
FAMILY COUNSELING AND RECOVERY

Novus Mindful Life Expands Intensive Outpatient Program Capacity

September 14, 2026

GARDEN GROVE, CA - September 14, 2026 -

Novus Mindful Life Institute Family Counseling & Recovery, a specialized counseling practice based in Garden Grove, California, announced today that it has expanded capacity within its Intensive Outpatient Program for individuals working through sex and pornography addiction. The decision reflects a growing need among clients requiring more structured, higher-frequency support than standard weekly outpatient therapy provides.

Novus Mindful Life Institute Family Counseling & Recovery provides its Intensive Outpatient Program for sex and pornography addiction in Garden Grove, California, staffed by clinicians who hold, or are actively pursuing, the Certified Sex Addiction Therapist credential through the International Institute for Trauma and Addiction Professionals. Several members of the clinical team are also trained in EMDR, supporting clients whose compulsive behavior is tied to earlier trauma. The program operates out of the practice's Garden Grove office and serves clients across Orange County.

The Intensive Outpatient Program is designed for clients whose compulsive sexual behavior or pornography use has reached a point where standard weekly sessions no longer provide sufficient structure or

accountability. Rather than replacing individual therapy, the program adds more frequent contact and closer monitoring during a defined period, intended to help clients stabilize before stepping back down to standard outpatient care. Clinicians use behaviorally grounded techniques throughout the program to help clients interrupt compulsive cycles and build sustainable coping strategies.

Clients typically move into the Intensive Outpatient Program after individual sessions have identified a need for a higher level of care, whether due to the severity of compulsive behavior, a recent crisis in a relationship, or difficulty maintaining progress between weekly sessions. Novus Mindful Life's clinical team works closely with each client to determine when the intensive track is appropriate and when a client is ready to transition back to standard outpatient treatment. The program is structured to work alongside, rather than separately from, the practice's broader relational model of care.

Clients considering the Intensive Outpatient Program generally begin with an initial consultation, during which an intake coordinator gathers information about their circumstances before connecting them with a clinician. That process is used to determine whether a client's needs are better suited to standard weekly sessions or to the more structured intensive track from the outset. According to the practice, this evaluation step is intended to place clients at the appropriate level of care rather than defaulting everyone into the same treatment format.

Partners of clients enrolled in the program are not left out of the process. Novus Mindful Life's clinical approach involves partners from early in treatment, and clients in the Intensive Outpatient Program can be connected with the practice's dedicated group setting for partners processing the impact of sexual betrayal. Clinical leadership has said that keeping partners informed and involved, even during a client's more intensive treatment phase, remains central to how the practice organizes care.

Duane Osterlind, the practice's Co-Founder and Clinical Director, trained directly under Patrick Carnes, Ph.D., a clinician recognized for his early work in the sex addiction treatment field. That training background shaped the clinical framework the practice applies across its treatment offerings, including the structure and pacing used within the Intensive Outpatient Program.

"We were seeing more clients who needed something between a weekly session and a higher level of care, and expanding our Intensive Outpatient Program capacity was how we chose to meet that," said Duane Osterlind, LMFT, CSAT-S, Co-Founder and Clinical Director of Novus Mindful Life Institute Family Counseling & Recovery. "It gives clients more structure and more accountability during the periods when they need it most, without pulling them out of the relational work we do with their partner."

Novus Mindful Life's clinicians collectively hold licensure spanning marriage and family therapy and clinical social work, alongside specialized training in sex addiction and betrayal trauma treatment, and the practice

has worked in this specialized field for more than fifteen years according to its leadership. That combination of credentials allows clients moving into or out of the Intensive Outpatient Program to remain with the same clinical team throughout, rather than being referred elsewhere for a different level of care.

Novus Mindful Life Institute Family Counseling & Recovery continues to serve clients throughout Garden Grove and the surrounding Orange County region, offering both individual and group treatment tracks for sex addiction, pornography addiction, and betrayal trauma alongside the Intensive Outpatient Program. Additional information about the practice and its Intensive Outpatient Program is available through Novus Mindful Life Institute Family Counseling & Recovery and its sex addiction therapy services page.

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For more information about Novus Mindful Life, contact the company here: Novus Mindful Life Duane Osterlind 562-431-5100 admin@novusmindfullife.com 12832 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.

Website: <https://novusmindfullife.com/>

Email: admin@novusmindfullife.com

Phone: 562-431-5100



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