Private, anonymous, online help for overcoming pornography and other unhealthy sexual behaviors.

Combining Brain Science, insights from Theology of the Body and the full support of our faith, it is a powerful tool for more happiness and holiness.

While rooted in Catholic teaching and understanding, this program is open to people of all faiths who desire to reclaim their sexual health.

“RECLAIM addresses one of the most serious attacks being waged on the family today! I have personally asked Elizabeth Ministry to take on this challenge and ask you to do whatever you can to support this vitally important ministry of hope.” Bishop David L. Ricken – Diocese of Green Bay

“I do not think I am exaggerating when I say that I believe your approach will save many marriages and many souls.” Rev. Robert Sirico – Acton Institute Founder

“RECLAIM helps people to restore the original image of God which has been shattered by sexual addiction. It is a great gift to the Church.” Rev. Jay Kythe – Courage Board Member


“RECLAIM is an effective resource for understanding the brain science of sexual addiction and helping people counteract sexual temptations. It is an excellent addition to any comprehensive recovery program.” Dr. Peter Kleponis - Therapist

“We believe RECLAIM has not only the insight on the problems of addiction to pornography and other unhealthy sexual behaviors, but the answer to recovery. We are grateful for their work and commitment to this very critical need, and wholeheartedly endorse their efforts.” Don & Lorrie Gramer - Rockford Family Life Office Directors and National Association of Catholic Family Life Ministers President

“RECLAIM saved our marriage. Because of RECLAIM we now have hope and know that real healing is possible!” Jim and Kathy - Participants

GET HELP OR GIVE HELP
Enroll or encourage others to do so!
Confessional cards, brochures and posters are available.
RECLAiM Sexual Health is a professional and science-based Catholic online program designed to help individuals overcome pornography use and other unhealthy sexual behaviors.

A unique integration of *Theology of the Body*, faith practices and *The Brain Science of Change* exercises, RECLAiM brings psychology and spiritual direction from a Catholic perspective to those in need.

RECLAiM is a powerful online resource designed to help struggling individuals integrate faith and recovery. Combining scripture, church teachings, sacraments and prayer, participants experience the full support of their faith in recovery efforts.

With the light of faith, the RECLAiM program brings participants to an understanding of God’s original plan for human sexuality as described in Genesis, giving them an opportunity to reclaim that purpose.

RECLAiM Sexual Health is a partnership between *Elizabeth Ministry International* and Candéo. With expertise in mental health, addiction recovery, neuroscience, and online technology, the Candéo professional team spent years creating a remarkable online recovery program. It has been tested and proven with thousands of struggling individuals in more than 80 countries worldwide.

Helping People Across the World—Here are some of the key elements RECLAiM uses to help struggling individuals experience success—

1. **Safe and Anonymous**
   For those burdened by fear, embarrassment and shame, RECLAiM provides a private, anonymous online resource for recovery.

2. **The Brain Science of Change**
   Through online multi-media training, those enrolled in RECLAiM learn the brain science behind their unhealthy sexual behaviors. They learn how to use cognitive-behavioral tools and techniques to begin overcoming these behaviors.

3. **Affordable Online Access 24/7**
   Using a computer or cell phone, each individual receives the ongoing daily training, tracking, accountability and support they need to increase and sustain long-term change. They can get help when they need it, for as long as they need it, wherever they are in the world.

4. **Tracking and Accountability**
   Those enrolled in RECLAiM have a Daily Tracking Calendar, a personal RECLAiM Program Coach, Daily Messages and Reminders, access to a worldwide Member Discussion Forum, Ongoing Assessments, and many more tools. Long-term daily tracking and accountability are essential to lasting change.

5. **Support People**
   Because the individual’s support system cannot be neglected, RECLAiM provides free training, resources and online tools for those supporting the recovering individual, including: spouse, parents, family, friends, clergy and counselors.

6. **Spiritual Resources**
   RECLAiM offers an opportunity to experience real spiritual growth and a powerful understanding of *Theology of the Body*. It provides access to a wide variety of Catholic-based spiritual resources to bring hope, healing, inner peace, greater faith, and an improved, accelerated recovery experience.

Individuals may choose to supplement RECLAiM with other professional help. Clergy and counselors can use the RECLAiM online platform and tools as a valuable resource and assistance with those they serve. Here are just a few examples—

**Saves Time and Focus**
Because RECLAiM provides many hours of media-rich psycho-education and cognitive behavioral training, clergy and counselors can spend more time narrowly focusing on spiritual needs and underlying personal and relationship issues.

**Tracking and Follow-up**
RECLAiM provides clergy and counselors with their own “Support Person Website” where, with client’s permission, they can instantly view an individual’s daily progress, send messages or reminders, and track specific assignments.

**In-Between Sessions**
RECLAiM provides daily training, tracking, exercises, communication and support in-between visits, which maintains momentum and improves progress.

**Crisis and Setbacks**
Each RECLAiM participant receives extensive training and has immediate access to online tools for crisis and setback situations. This can provide critical help until their next session and serves as preparation for the Sacrament of Reconciliation.

**12-Step and Group Therapy**
RECLAiM enhances and harmonizes with 12-Step programs and group therapy.

**Long-Term Continuing Care**
After counseling sessions end, RECLAiM can continue providing long-term training, tracking and support.

**Reach More People**
Clergy and counselors can contribute to the RECLAiM online platform and technology to reach out to groups of individuals with a specific article, audio podcast or video training. It can be produced once, and reach many. All of these resources are stored in the RECLAiM library for future access.