Novus Mindful Life Announces Enhancements to Core Therapy Services

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GARDEN GROVE, CA - July 29, 2025 -
Long Beach, CA ? Novus Mindful Life Family Counseling and Recovery has announced a strategic enhancement of its core services in trauma-informed therapy, sex addiction treatment, and betrayal trauma recovery. Based in Long Beach, the organization has expanded its clinical structure, streamlined client care protocols, and integrated additional evidence-based methods to support individuals and couples more effectively.

The update comes in response to continued growth in client demand and emerging research on best practices in trauma and relationship care. By refining its therapeutic framework and introducing new support mechanisms across existing programs, Novus Mindful Life is reinforcing its position as a leader in specialized mental health services for Southern California.

Duane Osterlind, LMFT, CSAT, and Clinical Director of Novus Mindful Life, explained the rationale behind the changes. ?This update is grounded in both clinical research and client feedback. The team has worked to

ensure that services are as effective, compassionate, and comprehensive as possible. Recovery is not static, and neither should the methods used to support it be.?

The organization?s primary offerings include treatment for compulsive sexual behavior, therapy for betrayed partners, and relationship counseling rooted in neuroscience and attachment theory. These services now include enhanced assessment tools, refined therapeutic pacing models, and improved integration between individual and group therapy formats. Each element of care is designed to strengthen client outcomes while maintaining the safety and consistency for which the practice is known.

Clients engaging in the Intensive Outpatient Program (IOP) now receive more coordinated team-based care, featuring direct communication among clinicians and structured treatment phases. This includes adjustments to weekly planning sessions, the use of digital resources to support skill-building outside of therapy, and a focus on measurable clinical goals. These updates align with the growing demand for continuity of care and results-based approaches in mental health treatment.

Novus Mindful Life continues to rely on the expertise of its team, which includes Licensed Marriage and Family Therapists, Licensed Clinical Social Workers, and Certified Sex Addiction Therapists. Each provider follows a trauma-informed, partner-sensitive approach to therapy that prioritizes emotional safety, honesty, and long-term healing. The clinic has implemented training modules and supervision protocols to ensure that all clinicians stay informed about current developments in the field.

Over the past year, the practice has also increased support options for partners affected by betrayal trauma. These include tailored trauma education resources, structured check-in sessions between partners, and expanded access to therapist-led groups for relational repair. All updates have been carefully developed to ensure partners feel acknowledged and empowered in their recovery paths.

The enhancements further reinforce the organization?s belief in collaborative healing. Clients are now invited to participate more actively in the creation and revision of their treatment plans. Therapists work across disciplines to coordinate strategies, share insights, and maintain a unified perspective on each client?s goals. This model reduces care fragmentation and fosters trust in the therapeutic alliance.

Novus Mindful Life?s updated approach is also supported by a strong administrative foundation. Staff have implemented improvements in intake flow, appointment management, and post-session follow-up. These updates aim to reduce barriers to access, increase transparency in scheduling, and ensure a responsive environment for all clients.

The clinical team has taken steps to formalize the evaluation of progress. This includes session-level feedback, client readiness assessments, and measures of therapist accountability. By standardizing

outcomes and conducting regular reviews of treatment effectiveness, the practice strengthens its commitment to delivering measurable care while maintaining a focus on individual needs.

The organization continues to serve clients throughout Long Beach, Seal Beach, Rossmoor, Los Alamitos, Huntington Beach, Costa Mesa, Irvine, Lakewood, and other communities across Los Angeles and Orange Counties. With expanded access to teletherapy and hybrid services, individuals can receive consistent care regardless of location or scheduling limitations. These offerings also allow for greater flexibility in addressing the unique needs of each client, especially those balancing professional, family, or recovery commitments.

The enhancements arrive at a time when many individuals and couples are searching for dependable clinical care that acknowledges both the emotional and behavioral dimensions of trauma. By refining its services, Novus Mindful Life is answering that call with a more integrated, structured, and transparent treatment experience designed to meet today?s evolving mental health needs.

Duane Osterlind added, ?This work is deeply relational. When clients see themselves and their pain treated with care and structure, real change becomes possible. These updates are not about offering more services, but about offering the right ones in the right way.?

With these updates in place, Novus Mindful Life is reaffirming its position as a trusted mental health provider focused on relational recovery and long-term client growth. The improved services provide expanded options for care planning, clinical coordination, and therapeutic depth, offering a more structured path for individuals and couples seeking recovery from trauma and addiction. Its enhancements mark a significant step forward in the evolution of trauma-responsive care.

For residents in the expanded service areas, these service enhancements offer more than just convenience; they bring localized access to a coordinated, evidence-based therapeutic approach tailored for complex challenges like betrayal trauma and compulsive sexual behavior. Individuals, couples, and referring professionals in Seal Beach, Rossmoor, Los Alamitos, Huntington Beach, Lakewood, and nearby communities are now able to connect with one of Southern California?s most specialized therapy teams. This expanded reach ensures that more people can benefit from Novus Mindful Life?s trauma-informed care and relational recovery model.

For further details about clinical services, practitioner credentials, and scheduling availability, please visit the Novus Mindful Life website. Visit their site to learn more and take the next step toward care.

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