

CATHARSIS

Counseling Center

LGBT+ · DISABILITY · NEURODIVERGENT OWNED

Community Newsletter

LATE SUMMER 2026 · WHAT'S NEW AT CATHARSIS

A few updates from our team — new faces, new groups forming, and a reminder of the full range of affirming care and support available to you and your family.

MEET OUR TEAM

A few of the people behind your care today — our team is growing, and we'll introduce new faces as they join us.

Jack Register, LCSW-S, LCAS, CCS, PhD Candidate

FOUNDER & CLINICAL DIRECTOR

Leads Catharsis's clinical vision and supervises the full care team, with a specialty in addiction, DOT SAP evaluations, and harm-reduction based care.

Alison Mattheisen

INCOMING LEAD CARE MANAGER

Returning this September to lead Catharsis Cares Comprehensive Care Management. Alison completed her MSW clinical internship with our team and rejoins us as she finishes her Master of Social Work degree.

Leah Stohr

CLINICAL INTERN

Supporting client care and group facilitation as an MSW student, while completing her clinical internship hours under supervision at Catharsis.

Eric Warner

BHT INTERN & PEER SUPPORT SPECIALIST

Brings lived-experience peer support to group facilitation and client check-ins across our program lines.

We're a small, growing team — thank you for trusting us with your care.

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Groups Forming Now

NEW TEEN PROGRAMS FORMING

Recovery Reset — Teen Track

Our 8-week teen addiction support group, delivered virtually. A safe, affirming space for teens working toward recovery.

VIRTUAL

\$50 / session

Parental/guardian participation required.

Steady Ground — Teen Track

Our 8-week NAMA-grounded anger management group for teens, delivered virtually, teaching triggers awareness, communication, and coping skills.

VIRTUAL

\$50 / session

Parental/guardian participation required.

ALSO NOW FORMING

Gambling & Gaming Recovery Group

A new support group for individuals navigating problem gambling or gaming — an affirming, judgment-free space to explore patterns and rebuild balance.

VIRTUAL

\$75 / session

For adults, for the moment.

Chemsex Recovery Group

A dedicated space for our LGBTQIA+ community members addressing chemsex-related concerns, grounded in harm reduction and delivered without judgment.

VIRTUAL & IN-PERSON

\$75 / session

Interested in any group above? Call 623-738-4385 or email jack@catharsis-center.com

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SPEAKING HIGHLIGHTS

Jack Takes the Stage — 7 Presentations This Spring & Summer

Our Founder and Clinical Director presented at seven conferences and events across Spring and Summer 2026, sharing research interests from his doctoral work along with best practices in restorative justice supervision and in serving LGBTQIA+ clients.

OUR SERVICES

1:1 Individual Counseling (Virtual & In-Person)	\$185 / session
Couples Counseling (Virtual & In-Person)	\$250 / session
Comprehensive Clinical Assessment	\$200 flat fee
Catharsis Cares Care Management	\$75 / hour
Support & Process Groups	\$75 / group
DOT SAP Evaluation	\$500 / evaluation
1:1 Recovery Coaching (The Forge)	\$285 / session
Reiki Energy Healing	\$75 (60 min) · \$45 (30 min)

Reiki Energy Healing — Restore · Rebalance · Reconnect

A gentle, hands-off practice to ease stress and restore balance, offered at our Downtown Phoenix location. No experience necessary.

IN-PERSON ONLY

Book your session: calendly.com/jack-catharsis-center/new-meeting

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WE'RE HIRING

Now Seeking Fully Licensed Clinicians

Catharsis is growing, and we're looking for independently licensed clinicians (LCSW, LPC, LISAC, LMFT, or Psychologist) to join our virtual practice as 1099 contractors, with full clinical autonomy and no supervision required. Experience with substance use, behavioral addiction, trauma, or co-occurring populations is a strong plus.

Learn more & apply: catharsis-center.com/hiring-1099-therapists

RECOMMENDED READING

A few resources our team likes to recommend for deeper reading on trauma, recovery, and identity.

The Body Keeps the Score

Bessel van der Kolk, M.D.

At Mama Feely's Feet: Trauma, Truth, and the Journey Back to Ourselves

Hope Venetta

In the Realm of Hungry Ghosts

Gabor Maté, MD

My Grandmother's Hands

Resmaa Menakem

The Velvet Rage

Alan Downs, PhD

Changing Course

Claudia Black, PhD

Thank you for being part of the Catharsis community.

Downtown Phoenix, AZ · 623-738-4385

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