Novus Mindful Life Celebrated for Excellence in Counseling and Trauma Recovery Services

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GARDEN GROVE, CA - July 08, 2025 -
Long Beach, CA ? Novus Mindful Life Family Counseling and Recovery has received notable recognition for its specialized work in relationship therapy, betrayal trauma care, and sex addiction recovery. With a consistent track record of client satisfaction and a growing reputation for clinically informed, compassionate care, the Long Beach-based practice has established itself as a trusted provider of mental health services for individuals and couples across Southern California.

The organization, founded and directed by Clinical Director Duane Osterlind, LMFT, has maintained a clear mission: to support people through some of the most personal and emotionally challenging experiences of their lives. Residents from Long Beach and surrounding communities, such as Seal Beach, Rossmoor, and Los Alamitos, have engaged with Novus Mindful Life due to its team-based, trauma-informed therapeutic approach. The institute's services integrate evidence-based models such as cognitive behavioral therapy (CBT), emotionally focused therapy, and certified sex addiction treatment.

Clients and community members consistently point to Novus Mindful Life as a trusted resource for relational recovery and emotional healing. One reviewer, Ryan Scott, shared, ?The team is known for their compassionate approach and deep expertise, creating a safe space for clients to heal and grow. Their dedication to supporting individuals and couples through difficult times is truly commendable.?

The feedback also reflected the supportive environment cultivated not just by therapists but by the entire staff. One community member, Claudia S, shared that ?the front office staff is not only very helpful, but extremely kind,? and added that Novus treats ?every patient with understanding and a unique approach with their treatment.? Another client, Douglas Glover, described Novus as ?a place where I feel at home and the help I?ve received has been life-changing,? emphasizing how group therapy offered an additional layer of support beyond one-on-one sessions.

Positive feedback continues to drive attention toward the practice. One client wrote, "Struggling with behavioral addiction felt isolating, but the compassionate care received here changed everything. There was a new sense of control, confidence, and clarity."

Another client commented, "The warmth and non-judgmental understanding from the therapist created a safe space. It brought significant healing to a relationship and led to lasting change."

With over 15 years of service, Novus Mindful Life employs a diverse team that includes Certified Sex Addiction Therapists (CSATs), Licensed Marriage and Family Therapists (LMFTs), and Licensed Clinical Social Workers (LCSWs). Each clinician is trained in practices that address trauma, compulsive behavior, emotional distress, and the relational impact of addiction. Services include therapy for pornography addiction, sex addiction recovery groups, betrayal trauma counseling, and a structured Intensive Outpatient Program (IOP) designed for clients needing more comprehensive support.

The institute's clinical excellence is frequently reflected in client reviews. One noted the effectiveness of therapist Barbara Christian, PsyD, LMFT, CSAT, stating, "She understands the process with deep knowledge and care. That level of support likely preserved a marriage that was at risk."

Novus Mindful Life emphasizes relational integrity and actively includes partners in the recovery process. The clinical team avoids isolated treatment models, instead focusing on coordinated care that allows each person involved to feel heard, informed, and emotionally secure. This dual-focus approach is a defining aspect of the center's philosophy.

In addition to therapeutic care, clients regularly highlight the organization's administrative clarity. From intake coordination to therapist assignment, the process is described as well-structured, professional, and attentive. Clients report that support begins from the first point of contact and continues seamlessly throughout the

therapeutic journey.

Operating from its primary office at 6695 East Pacific Coast Highway, Suite 135 in Long Beach, Novus Mindful Life also serves clients in Huntington Beach, Costa Mesa, Irvine, Lakewood, Sunset Beach, Los Altos, and Belmont Heights. The expansion of its service area has been a direct response to the increasing demand for specialized care in trauma and addiction recovery throughout the region.

Client testimonials have described the institute as a place of both refuge and transformation. Ryan Scott, a local reviewer, noted, "The team is recognized for combining deep expertise with genuine compassion. They create a safe space where people feel empowered to grow. Their dedication to clients facing difficult emotional challenges is commendable."

As awareness of trauma-informed care continues to grow, Novus Mindful Life remains committed to offering therapy that supports long-term emotional wellness, behavioral change, and relationship health. Clinicians remain engaged in ongoing professional development to ensure services reflect the latest research and best practices. In addition to in-person sessions, virtual therapy options are also available for clients who require flexible scheduling or prefer remote engagement. This hybrid model ensures access to consistent care regardless of a client's location or circumstances.

The team at Novus Mindful Life also places high value on ethical standards and clinical accountability. Staff members engage in regular supervision, consultation, and outcome tracking to ensure adherence to best practices. By monitoring the effectiveness of interventions and adjusting treatment plans as needed, the institute remains responsive to each client's evolving needs.

"Therapy is not about fixing a person," added Duane Osterlind. "It's about creating an environment where emotional safety, growth, and understanding can take place. That is the standard this team works to uphold each day."

With an expanding client base, highly qualified staff, and a commitment to excellence, Novus Mindful Life Institute continues to strengthen its position as a trusted mental health care provider in Southern California. The organization's continued success reflects its alignment with both clinical integrity and the personal needs of those it serves.

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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Novus Mindful Life Institute provides sex and pornography addiction therapy, betrayal trauma counseling, and relationship support in Garden Grove.

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