

2026 Associate Study Certificate (ASC)

Thursday Classes 12 noon or 7pm EST

DATE	RJ Session	Class Study Selected Topics	#	2026 ASC Cohort Schedule Core Issue Addiction Recovery Topics	Length	Quiz 80%+	Discussion Board Assignments
ASC Course Application - https://form.jotform.com/242828061886163							
8-Jan	1		0	Welcome, Introductions & Housekeeping: FMM & Thinkific Websites, Dropbox		N	
15-Jan	2		1	00 FMM History (6:56m)	6:56	N	Comment Due
			2	00.1 Intro to CIAR	11:28	Y	
			3	00.2 SA Statistics	42:46:00	N	
22-Jan	3		4	00.3 LRM	34:54:00	Y	
			5	00.4 LRM Evaluation Tool	6:09	Y	
29-Jan	4		6	00.5 Reflective Listening Series: Intro & Basic Exercise: 5 videos	19:00	N	
			7	00.5 Reflective Listening Series: God's Relational Design: 4 videos	16:00	N	
5-Feb	5		8	00.6 PTG - CIAR: Post Traumatic Growth & Core Issue Addiction Recovery	6:22	Y	
			9	01 CIAR Tips & Cert	2:54	N	
			10	02 Spirit, Soul & Body	9:40	Y	
12-Feb	6		11	03 Addiction Defined	6:53	Y	
			12	03.1 Bowen, Addiction & Epigenetics	3:06	Y	
			13	03.2 SA is Multi-faceted	4:34	Y	
19-Feb	7		14	04.1 Neurobiology of SA - The Pleasure System	11:22	Y	
			15	04.2 Orgasm, an Endorphin Rush	7:08	Y	
			16	04.2.1 Two Pleasure Systems - Intercourse vs Masturbation	5:07	Y	
26-Feb	8		17	04.3 Human Pair Bond	6:11	Y	
			18	04.4 Stress, Emotions & Neurochemicals	6:13	Y	
			19	04.5 Endorphins - Neurochemicals	7:17	Y	
5-Mar	9		20	04.6 Anhedonia	6:55	Y	
			21	04.7 Stress, Learning & Memory Loss	4:12	Y	
			22	04.8 SPECT Scans	9:29	Y	
12-Mar	10	Required	23	04.9 Meditation - Regeneration	6:38	Y	
			24	05 Cycle of Addiction Full Video	26:37		
		Required	25	05 Cycle of Addiction Overview	1:31	Y	
19-Mar	11		26	05.1 Core Beliefs	3:22	Y	
			27	05.2 Wounded Self			
			28	05.3 Shame	5:23	Y	
26-Mar	12		29	05.4 Preoccupation-Fantasy	3:55	Y	
			30	05.5 Justification Entitlement	3:42	Y	
			31	05.6 Rituals	3:26	Y	
2-Apr	Easter Break						
9-Apr							
16-Apr							
23-Apr	13		31	05.7 Boundaries	2:28	Y	
			32	05.8 Acting Out - Acting In	2:21	Y	
			33	05.9 Despair: AVE, SLIPS & Relapse	4:47	Y	
30-Apr	14		34	00.5 Reflective Listening Series: Advanced Implementation: 3 videos	29:00	N	
			35	00.5 Reflective Listening Series: Advanced Sample: 1 video	51:26	N	
7-May	15		36	06 STDs - Sexually Transmitted Diseases/Infections CDC	51:33	Y	
14-May	16		37	07 SA Presentation Signs & Symptoms, DSM, Sexual Anorexia	16:11	Y	
21-May	17		38	07.1 FSLA - Female Sex and Love Addiction	57:24	Y	
			39	07.2 Spouses			
			40	07.3 Adolescents & Children	12:50	N	
4-Jun	18		41	08 Fragmentation	17:29	Y	
			42	09 Introduction to Family Systems			
			43	09 The Standard or Model: God's Design	44:57	Y	
11-Jun	20		44	9.1 Attachment Theory	46:20	Y	
18-Jun	21		45	9.2 Family Dysfunction: ACE, Wounds, Rules, Roles, Abuse & Development	46:01	Y	
25-Jun	22	Required	46	10 Bowen FS Theory: Diff Scale, Opposing Forces	53:10	Y	
2-Jul	Summer Break						
9-Jul							
16-Jul							
23-Jul							
30-Jul							
6-Aug	23	Required	47	10.1 Bowen FS Theory: Eight Concepts, Relational Patterns	1:07:40	Y	
			48	11 FS Summary, Messages, Coping Methods, PTSD, Conclusion			
			49	11 Spiritual Doctrine - Intro	48:56	Y	
13-Aug	24		50	11 Spirit, Soul and Body			
		Required	51	12 The Cycle of Recovery	1:24:26	Y	
			52	12.1 Methodology, CIAR Handouts, Promote Group	48:42	N	
20-Aug	25		53	12.2 First Contact, Group Helps, Group Format	1:18:18	N	
27-Aug	26		54	12.3 Church Mobilization	:30:01	N	
3-Sep	27		55	13 Group Dynamics - Read PDF in CIAR Handouts/Group Helps for Discussion	Live	N	
				https://watch.studygateway.com/making-your-small-group-work		N	
10-Sep	28		56	14 God's Design for Sexual Intimacy	1:19:05	Y	
17-Sep	29		57	15 Sexual Development: Introduction thru age 4 - 9	1:35:32	Y	
24-Sep	30		58	15 Sexual Development: Adolescents thru Adulthood		Y	
1-Oct	31		59	16 Identity Agreement	1:01:14	Y	
8-Oct	32		60	17 Mission Statement & Vision Storyboard	1:25:33	Y	
15-Oct	33			Class Conclusion: ASC Final - 3 Pt Takeaway, Personal Impact & 2 Service			
22-Oct	34						