



THE ROMAN CATHOLIC DIOCESE OF PHOENIX

January 21, 2019

RE: Monica Breaux PhD, MSW

To Whom It May Concern:

Dr Monica Breaux has brought healing and hope to many who suffer from sexual addiction. She offers training that is faithful to our Catholic teaching and helpful for both clergy and laity. I am happy to affirm the good work of Dr. Breaux.

Over the past 15 years, I have been pleased to have her as a resource in the Diocese of Phoenix. As a member of *CatholicTherapists.com*, she reached more than 1,000 people in 2018 via phone and videoconferencing, providing spiritual direction grounded in Catholic ethics to counsel individuals, couples, and families.

As a speaker, she brings doctoral level expertise in sexual addiction and recovery. She was honored as the *2010 Catholic Social Worker of the Year* and then featured on Catholic TV and radio. She is recognized for her contributions to priestly formation. She shares that her work is based on her conviction that our Catholic values offer us keys to restoring the damaged soul.

In response to the pornography epidemic, Dr. Breaux developed an intensive 15 hour program called *Wholly Men* to prepare men to be leaders against this plague. It includes information for wives and mothers who are support partners encouraging chastity in their family. Ten local priests share their personal insights as they discuss her 40 tools for masculine confidence, impulse control and emotional regulation in her new online edition of *Wholly Men*, available at *AriseForHim.com*

Dr. Breaux has demonstrated a genuine respect for the teaching of the Catholic Church on issues of human sexuality. She is able to articulate this sensitive and challenging topic in very positive terms. Confident in her faithfulness to the Magisterium in her ministry and her personal life, I offer my endorsement of her and of her ministry.

Sincerely yours in Christ,

+ Thomas J. Olmsted
Bishop of Phoenix

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