



IRON RIDGE

THERAPIST PARTNER BRIEF

Iron Ridge Recovery

Clarity. Direction. Connection.

A referral overview for therapists, psychiatrists, and other clinicians considering Iron Ridge as a treatment destination for CSBD and betrayal trauma care in Austin, Texas.

Therapist partner brief

A one-page clinical and financial overview of Iron Ridge Recovery for referring therapists, psychiatrists, and other clinicians.

Who we treat

Iron Ridge Recovery is an intensive outpatient program (IOP) for men presenting with Compulsive Sexual Behavior Disorder (CSBD, ICD-11 6C72) and for partners carrying betrayal trauma. CSBD is not a substance use disorder, and we do not treat it as one — it is a distinct clinical presentation with its own diagnostic criteria, comorbidity patterns, and treatment approach.

Betrayed partners receive their own dedicated clinical track. We do not place partners and the person with CSBD in the same group programming.

Clinical model

Our program runs an eight-week clinical arc, 9–12 clinical hours per week, 72–96 total clinical hours:

- Weeks 1–3 — Stabilization: psychoeducation, safety planning, disclosure containment, and initial assessment.
- Weeks 4–6 — Trauma Processing: individual and group trauma-focused work addressing the underlying drivers of the behavior pattern (or, for partners, the trauma response to disclosure/discovery).
- Weeks 7–8 — Relapse Prevention: sustainable structure, accountability planning, and transition to step-down or ongoing outpatient care.

Care is available in-person at our Austin, Texas location and virtually across Texas.

Credentials

- Ian Birdwell, LPC, CSAT — Clinical Director. Reviews all addict-facing clinical content and oversees CSBD programming.
- Roxcy Brown, LMFT-A, CCPS-C — Co-founder and Director of Partner Programming. Reviews all betrayed-partner clinical content and directs the partner track.
- Ian Brown — Founder / CEO.

CSAT (Certified Sex Addiction Therapist) certification is issued by IITAP.

Financial model

Iron Ridge is private pay and out-of-network. We provide PPO superbills so clients can seek reimbursement directly from their carrier. We do not report to insurance on your client's behalf.

We also offer a separate recovery coaching track, for clients who want ongoing structure alongside or after clinical treatment. Coaching pricing is shared during a discovery call. Coaching is not a substitute for clinical therapy and is scoped accordingly.

Referral flow

- 1 Reach out to intake@ironridgerecovery.com with a brief clinical summary.
- 2 Our clinical team reviews fit within one business day and follows up directly with you or your client.
- 3 We coordinate intake scheduling and can provide case updates back to the referring clinician with the client's written authorization.

We treat every referral as confidential and coordinate care collaboratively — you remain informed about your client's progress to the extent they authorize.

Contact

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(512) 877-8616
intake@ironridgerecovery.com

Questions before you refer?

Email intake@ironridgerecovery.com or visit

<https://www.ironridgerecovery.com/for-clinicians/therapist-partner-brief/>