

April 2006



International Institute for Trauma and Addiction Professionals

Reflections

Greetings from IITAP

by Paul Hartman

The first *Facing the Shadow* workshop at Pine Grove was a huge success! We originally intended to offer this 5-day intensive for male sex addicts and compulsives on a quarterly basis. The first program (March) filled up and we had to turn applicants away. We added an additional program May 15–19, 2006. That is in addition to the June, September, and November programs already scheduled. We now hope to offer the program monthly rather than quarterly in order to meet the demand. With a monthly schedule, you will know that whenever you need this program for a client, there will never be more than a few weeks until the next workshop. I'm happy to say that most of the referrals come from CSATs. You will know when your client returns to you that you did the right thing. Thank you for your support! The Pine Grove Help Line (888-574-HOPE) handles all registrations and can answer questions about the program. You can use that resource with confidence. They do a great job!

In March I saw the physical site of the Gentle Path inpatient program for male and female sex addicts and compulsives. I had heard such wonderful things about it, I expected to be disappointed. On the contrary! You can refer clients to this program with confidence that they are going into an environment that reflects positively on your professionalism and caring. We all knew that the program content and staff was excellent. They now have the facility to match. Whatever socio-economic class your client comes from, you can refer to Gentle Path with complete confidence.

Our entire staff has been working hard to make the first ever CSAT Symposium special. Our goal is for every registrant to return home thinking, "I'm really glad I spent the time and money to attend. It was worth it." The final schedule is included in this newsletter. This event will be more than just a chance to network with old friends in a beautiful resort atmosphere (although, that's not too bad). This is your opportunity to see the very latest in tools, technology, and techniques being developed and used to treat sex addicts and families. The next chance to get most of this will not occur until next year's Symposium, which will be held in February, 2007, in Arizona.

I would also like to talk a bit about the upcoming Advanced Training in Scottsdale, Arizona, May 22–26, 2006. If you or any of your colleagues still need to take the Advanced training, now is the time! I have heard that the CSAT Advisory Board intends to make the CSAT certification requirements more rigorous. There are still a few seats available, so make sure to register now to take advantage of the current requirements. Please contact our office at info@iitap.com to have the registration form and other information sent to you.

Once again we are using this newsletter as a way to network to fill an important position: We need a male case manager for Gentle Path program at Pine Grove. Recovering person welcome; CSAT certification especially helpful. Must be MA level therapist. For more information, please contact Ken McGill at 601-288-4999.

We look forward to seeing you at the Symposium!

An Introduction to *Recovery Start*

by Dr. Patrick Carnes

Until the 1980s, therapists avoided treating alcoholics because they were still perceived as “incorrigible” or untreatable. Drug addicts were worse. Sexually compulsive behavior was relegated to moral judgments or negative diagnoses such as sociopathy. Actually, the sexually compulsive was thought of as even lower than the gambler or the obese. In the context of private practice, there was little hope for such clients.

Now, of course, we know so much more. We know that these behaviors coexist, share common etiology, and are treatable. The sex addict still receives some negativity in the therapeutic community, even among those who understand, for two major reasons. The first is that relapse is so painful. If the behavior itself is not immediately disastrous, the despair about it is. The second is that disclosure is heart rending. In short, the emotional stakes remain higher than, for example, a major food relapse. We can note the common etiology, the common thinking patterns, and the common factors in relapse. Yet the fact remains that sexual behavior, at this point in our culture, has additional catalysts that can add to hopelessness when there is failure.

An often heard comment for me is “I went to my group and everybody is slipping. There is no long-term sobriety in my group.” In part, that is because people are not doing therapy, are attending meetings but not doing the step work, or they have therapists who do not have experience in helping to establish sobriety. When nothing is working or the despair is too great, or the scale of unmanageability is too much, experienced therapists send people to inpatient or residential treatment. This referral is appropriate because the patient needs the structure and focus.

For some time, I have been aware that *Facing The Shadow* is a good and steadily improving statement of the initial tasks. Even with great therapists, the book was not enough to supply some patients the initial structure and road maps necessary for early recovery. Nor was there sufficient structure for some patients returning from inpatient treatment. Plus, there are those who would not have needed to go to residential if they had more direction in the beginning. Then there are those who, for various reasons, will never make it to a residential facility. So I have taken on the challenge of creating a more

intensive set of materials to help therapists support those addicts who need more and prepare them for the task-centered process.

At a recent conference, I and some colleagues had a chance to spend considerable time with some of the world’s best “hard science” researchers in neuroscience and addiction. The dialogue was between clinicians and the people who worked in the laboratories (i.e., creating addicted rats and making sense out of the mechanisms involved). What struck me was how parallel our understandings of addiction were. It was interesting that sex addiction was not a leap for these people. It made sense to them how this would occur. The case was further made by them that recovery was long term, which literally involves “regrowing” the brain.

Brian Kolb, whose research on plasticity of the synapses is ground breaking, is the author of the textbook on neuroscience. He has also been working on creating sex addicted rats. His comment about recovery was that it presents the same problem that having a stroke does. Both addicts and stroke victims must stimulate functional growth in the brain. When describing some of the new technology we were working on, he said it paralleled what they found in the lab, in that after the initial “novelty” attention wanders, the growth stops. He leaned over and said that the only way that works is “to grab the frontal lobes and don’t let go.” It hit a note in me because that is what I believe has been missing for many. (We will be posting Dr. Kolb’s recent article on plasticity of the brain on the IITAP website soon.)

Shortly you will be hearing about our new *Recovery Start* materials. We expect to make the formal announcement within the CSAT community in a few weeks. With that announcement will be the clinical specifications, costs, and foundational thinking that went into the design of the program. The program is structured into three parts starting with a forty-day focus. Along with therapy, 12-step work, and the usual tools learned in the early weeks of recovery, there is a section called the “ninety-day focus preparation.” This “90 day prep” helps the patient to make a success out of the next ninety days. In total, *Recovery Start* is a 130-day package that the therapist supervises. Here is a brief synopsis of the rationale for

this approach from the *Recovery Start* Professional Manual in terms of key concepts:

- A challenge of early recovery is insufficient structure in private practice or even in outpatient settings. The 50-minute hour, reading assignments, and meetings often fail to provide the psychological “traction” necessary to establish a meaningful sobriety.
- Structure must supply both focus and context to learn the early tools of recovery. The early “tasks” of the task-centered model require deep attention which is hard to achieve in busy lives in which recovery is now added, or worse, in which significant unmanageability causes distractions and chaos.
- There are two thresholds in creating meaningful sobriety. Two to four weeks of sobriety is easily accomplished because of desperate despair, fear, or unmanageability. When the dust settles, the addiction reasserts itself in “slips” which, with momentum, can mean returning to old patterns. Thus, there is the all too often experience of going to therapy and continuing to act out without reporting it. Therefore, getting significantly past the first month establishes a base to go to deeper work. Hence the goal is 40 days of problem free behavior with a very high degree of accountability.
- Once that success is achieved, the next three months are critical. As the shock wears off, grief emerges. Plus, there are significant changes which have to happen that add to feelings of loss. Concurrently, therapy is working towards “unconscious competence” in recovery skills. Like developing fluency in a language, the more you use it, the more competent you become and are able to think about it

less. Finally, there must be a bonding period that exceeds the crisis management phase. This anchoring process may take over a year, but must have at least three months to incubate according to attachment research.

- From the very beginning of recovery, a primary factor in success is to confront the fragmentation and compartmentalization that is core to the addictive process. Starting with the 40-day focus, the design of the program is for the addict to appreciate the inconsistencies of the addictive life.
- After 130 days of initial focus, it is more likely that the habits are in place and the motivation is present to do the deeper work of significant recovery. At this point, the patient should be ready for the *Recovery Zone*.

This initial version of *Recovery Start* will have all the growing pains of anything new. But as we have done with other parts of our work, we all work together to make it better. Our goal is to help therapists deliver higher quality care which will differentiate them from others in their area. In addition, this competence, which makes for more patient satisfaction, will also be consistent with our principles of evidence based “best practices.”

I felt it important to give everyone a “heads up” that this new stuff is coming. We will thoroughly brief people at the IITAP Symposium. We will also offer online ways to access information, education, and professional materials. For content and pricing go to www.gentlepath.com. For utilization and education go to www.iitap.com

I want to thank those who have helped us in putting this together. I particularly want to thank the Pine Grove people who have tolerated a lot of extra effort in creating *Recovery Start*.

Upcoming Events with Dr. Patrick Carnes

May 4–6, 2006

IITAP Symposium
Scottsdale, Arizona

May 9–10, 2006

40th Annual WAAODA Conference
Madison, Wisconsin

May 19, 2006

20th Annual 2006 ADDICTION: Focus on Women
Conference
Hendersonville, North Carolina

May 22–26, 2006

CSAT Advanced Training
Scottsdale, Arizona

September 25–29, 2006

CSAT Intensive Training
Hattiesburg, Mississippi

1st Annual IITAP Symposium

“Innovations in Task-Centered Therapy”

May 4–6, 2006 ❖ Scottsdale, Arizona

The **International Institute for Trauma and Addiction Professionals, IITAP**, presents its 1st Annual Symposium, “**Innovations in Task-Centered Therapy**”.

Each session will offer participants new skills and techniques utilizing the task-centered approach, developed by Dr. Patrick Carnes, for the treatment of sexual addiction and sexual compulsivity.

The symposium will be held at the Resort Suites Scottsdale (www.resortsuites.com) in Scottsdale, Arizona, and is open to current A/CSATs and A/CSAT candidates only.

Fees:

New Supervisor Training:	\$95
Current Supervisor Training:	\$50
Registration:	\$395

Resort Suites of Scottsdale

7677 E Princess Blvd
Scottsdale, AZ 85255
888-222-1059

For registration information, contact the IITAP office at 480-595-6853 or send an email to info@iitap.com.

IITAP Symposium Schedule of Events

Thursday, May 4, 2006

8:00–10:00 AM	CSAT Advisory Board meeting
8:00–10:00 AM	CSAT Supervisor training (new only) by Alexandra Katehakis
10:00–10:15 AM	Break
10:15 AM – 1:00 PM	CSAT Advisory Board meeting, cont'd (lunch provided)
10:15 AM – 12:00 PM	CSAT Supervisor training, cont'd (new only)
12:00–1:00 PM	Lunch on your own
1:00–3:00 PM	CSAT Supervisor training (new & current) by Alexandra Katehakis
3:00–3:15 PM	Break
3:15–5:00 PM	CSAT Supervisor training, cont'd (new & current)
5:00–6:30 PM	Symposium Registration/Networking
6:30–8:00 PM	Welcome “What’s He Doing Now, Anyway?” by Patrick Carnes

Friday, May 5, 2006

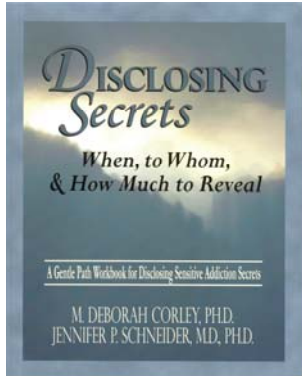
- 7:30–8:30 AM Symposium Registration/Continental Breakfast
- 8:30–10:00 AM Opening General Session
“Innovations in Initial Tasks: Recovery Start” by Patrick Carnes & Paul Hartman
- 10:00–10:30 AM Break
- 10:30 AM – 12:00 PM Concurrent Workshops
- 1) “Emotional Restitution (Tasks 8 and 12)” by Ken Wells
 - 2) “Using the Core Dialog Queries from Recovery Start with EMDR” by Jennifer Barbieri
 - 3) “Facing the Shadow: Curriculum and Recovery Start” by Paul Hartman
- 12:00–1:30 PM CSAT Luncheon
IITAP/CSAT Updates by the IITAP staff
- 1:30–3:00 PM Concurrent Workshops
- 1) “Forgiveness and Shame Reduction (Tasks 8 and 12)” by Brian Case
 - 2) “Soul Window: A Guide to the Arousal Template (Tasks 2 and 6)” by Ann Foster
 - 3) “Family Tasks” by Marcus Earle & Stefanie Carnes
- 3:00–3:30 PM Break
- 3:30–5:00 PM General Session
“Ethics and Challenges for the CSAT” by Steve DeLugach
- 5:00–7:00 PM Dinner on your own
- 7:00–8:30 PM Keynote Panel
“Sexualization of Therapists: Implications for CSATs” chaired by Stefanie Carnes

Saturday, May 6, 2006

- 7:30–8:30 AM Symposium Registration/Continental Breakfast
- 8:30–10:00 AM General Session
“The Recovery Zone Process: Updates, Innovations, and Challenges” by Patrick Carnes & Paul Hartman
- 10:00–10:30 AM Break
- 10:30 AM – 12:00 PM Concurrent Workshops
- 1) “Recovery Zone Online Focus Group” by Paul Hartman
 - 2) “Offender Tasks, Part 1” by Barbara Levinson
 - 3) “New Assessments: SAST-R and TrapDoors Interview Protocol” by Patrick Carnes & Jennifer Schwartz
- 12:00–1:30 PM Lunch on your own
- 1:30–3:00 PM Concurrent Workshops
- 1) “Trauma: Strategies for Task 19” by Susan Campling
 - 2) “Offender Tasks, Part 2” by Barbara Levinson
 - 3) “How the B.E.A.R. Undermines Sexual Recovery: Using the Four Agreements with the Tasks” by Bill Lennon
- 3:00–3:30 PM Break
- 3:30–5:00 PM Closing General Session
“Risks of Therapy” by Patrick Carnes
Closing Ritual by Patrick Carnes

Winter and Spring Specials!

Sale ends May 31, 2006



Disclosing Secrets: When, to Whom, and How much to Reveal

“We are only as sick as the secrets we keep.” This central tenet of recovery from addiction celebrates the liberating, healing experience of disclosure. *Disclosing Secrets* serves as a guidebook for healing as well, offering reassurance that relationships can be repaired and renewed after disclosure.

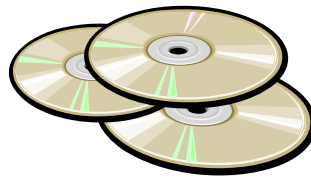
\$23.00 **NOW \$11.50**

Secure online ordering –
Visa, MasterCard, & AmEx accepted
www.gentlepath.com

Towards a New Freedom

Discovering a Healthy Sexuality

Dr. Patrick Carnes’ popular “New Freedom” lecture is based on the sexual health program he developed for his book, *Sexual Anorexia*. This two-hour lecture traces the history of sex to the present time and shows how to face the challenges of being sexual in our culture. Challenging, warm, and funny, these CDs are a wonderful map to a better sexual life.

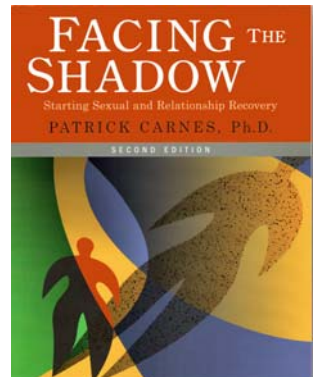


\$29.95 **NOW \$24.95**

Facing the Shadow, 2nd Edition

A task-centered, competency-based, effective approach to recovery from compulsive behaviors. *Facing the Shadow* is the first to take techniques used by thousands of recovering sex addicts and show readers, step-by-step, how to break free of problematic sexual behaviors and live a healthier, more fulfilling life.

\$19.95 **NOW \$15.95**



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All orders are shipped USPS or UPS; special shipping requests available by phone order only.

For specific international shipping rates, please email info@gentlepath.com for details and prices.



Facing the Shadow

March 20-24 • June 12-16 • September 11-15 • November 6-10

Pine Grove's new loft located at 150 Walnut Street #1 in downtown Hattiesburg

Facing the Shadow is a five-day workshop designed for individuals struggling with sexual compulsivity. Participants will gain education, experience group therapy, and begin the road to recovery. ☪

OBJECTIVES:

- Understand and break through denial
- Understand the illness
- Reduce shame
- Identify ungrieved losses
- Explore root cause of addiction—Trauma
- Develop a "sobriety" plan
- Limit the damage from your behavior
- Face coupleship and family issues
- Understand disclosure
- Work with arousal template
- Introduce functional sexuality
- Prevent relapse
- Live in a culture of support
- Do your recovery work in a safe environment that ensures confidentiality and anonymity

WORKSHOP COST:

\$1950 (plus materials \$225—
retail value \$300)

FACILITATORS:

Paul Hartman (all week)
Patrick Carnes (8 hours)

*To register or for more information, call 1-888-574-HOPE
or visit www.pinegrove-treatment.com.*

IITAP

International Institute for Trauma and Addiction Professionals

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Upcoming Events

May 4–6, 2006

IITAP Symposium
Scottsdale, AZ
Resort Suites of Scottsdale

May 22–26, 2006

CSAT Advanced Training
Scottsdale, AZ
Resort Suites of Scottsdale

September 25–29, 2006

CSAT Intensive Training
Hattiesburg, MS
Lake Terrace Convention Center

January, 2007

CSAT Advanced Training
Hattiesburg, MS

February, 2007

IITAP Symposium
Arizona

20-hour ASAT/CSAT Group Consultation ♦ June 23–25, 2006 ♦ St. Louis, Missouri

Consultants

Mary Jane Lane, LPC, LMFT, CSAT
James P. Lane, Ph.D, CSAT, Licensed Psychologist

Schedule

Friday 5:00–9:00 PM
Saturday 9:00 AM – 5:00 PM
Sunday 8:30 AM – 4:30 PM

Location

St. John's Mercy Medical Center
Von Gontard Center, Agnes O Connor Room
621 South New Ballas, St. Louis, Missouri 63141

Fee

\$500.00

Reservations

For more information or to make reservations, please contact us at:
314-963-8898 or lane14255@sbcglobal.net.

Please note that this is NOT an IITAP event. Please contact Mary Jane or James directly with any inquiries.