



REFLECTIONS NEWSLETTER

SEPTEMBER 2007

International Institute for
Trauma and Addiction
Professionals

ARTICLES

Celebrate with SASH!.....	1
From My Desk	2
Board Info / Contact Us	2
Upcoming Workshops	3
In The News	4
Ways to Reduce Stress.....	6
In Recognition	7
Gentle Path Promos.....	8
Business Savvy	9
CSAT Spotlight.....	10
Welcome New CSATS	11
Sponsors	12

IMPORTANT DATES

PIP II, Meeting 4
September 7 - Phoenix, AZ

PIP III, Meeting 1
September 8 - Phoenix, AZ

CSAT Training 1
September 12-16 - Detroit, MI

Dr. Patrick Carnes Appearances
Spectrum Conference - Houston, TX
Sept 20 - Pre-Conference Speaker
Sept 21 - Keynote Speaker

IITAP Advisory Board Meeting
September 26 - Las Vegas, NV

SASH Conference
September 27-29 - Las Vegas, NV

PIP I/II, Year 2, Meeting 1
September 30 - Las Vegas, NV

CSAT Advanced Training
CSAT Refresher Workshop
October 17-21 - Portland, OR

IITAP Symposium
February 28-March 1, 2008
Phoenix, AZ

CELEBRATE WITH SASH!

If you are not already signed up for the SASH conference in Las Vegas this month, we encourage you to do so. This year's theme is "Guidance and Growth - Celebrating 20 years of Creating a Culture of Healthy Sexuality," and a number of therapists from the CSAT Community will be on hand as presenters. The current list of CSAT speakers and topics are:

- Ted Klontz ~ "Changing Financial Templates"
- Linda Paoli ~ "The Unattached Sex Addict"
- Rob Weiss ~ "Diagnostic Assessments for Addicts who Offend"
- Steve DeLugach & Ken Wells ~ "Ethical Challenges for Sex Addictions Treatment"
- Don St. Louis ~ "Sex Addiction Professionals in Sexual Recovery"
- Susan Campling ~ "Personal Challenges for Therapists Working with Sex Addicts"
- Alexandra Katehakis, Stefanie Carnes & Jenner Bishop ~ "Women Treating Men"
- Arlene Story ~ "Psychodrama and Relapse Prevention"
- Robert Fuhlrodt ~ "Sociometry"
- Bill Bercaw & Ginger Bercaw ~ "Sexual Reintegration Therapy"
- Bill Lennon & Brie Bergman ~ "Pitfalls of the Disclosure Process"
- Cara Tripodi, Stefanie Carnes, Rob Weiss & Mavis Humes ~ "Trauma Survivor: Co-dependent or Crazy!"
- Ken Wells ~ "Connecting Addicts with Offenders and Every Day People"

Continued on Page 3



SASH

The Society for the Advancement of Sexual Health



FROM MY DESK *by Tami VerHelst, Vice President of IITAP*

As you read this, we are making the last minute preparations for the first module of the CSAT training, which will be held in Novi (Detroit), MI on Sept. 12–16. If you were unable to attend this training, please view our website at www.iitap.com for information on the January offering of this module in Phoenix. We encourage you to attend one of these beginning training modules as we have no set plans to offer Module 1 again in the near future. As a reminder, the first step is completion of the training application which is also available on our website.

Speaking of our website, we have added quite a bit of information. There is a section called "CSAT Resources," which has forms for your use including CSAT renewal, CSAT Certification Application and a form that can be used for reference letters. We also have tied the sexhelp.com website to the IITAP website so that individuals seeking help can find a therapist. If you

haven't enhanced your information on our website and would like to do so, a website order form is also available under the resource section.



We're also in the planning stages of the 3rd Annual IITAP Symposium. A call for papers recently went out and if you are interested in presenting, please submit that as soon as possible as we hope to have an outline available at SASH in a few weeks. Hopefully you read the first page of this newsletter and plan to attend. If so, please stop by the

IITAP booth and say, "Hi!" I'll also be attending the NAADAC conference in Nashville this month and the Spectrum conference in Houston, where Dr. Carnes will be the keynote speaker on Friday, Sept. 21. If you are interested in attending, please visit www.houstonchaptertaap.com. If you know someone who would be a good CSAT candidate, please invite them to stop by and see me at the IITAP booth about the training.

In this month's issue, please be sure to read the article on page 5 titled "*The Effect of PTSD and Trauma History on an Addict's Potential for Relapse.*" We would welcome your feedback on this or any of the content of the newsletter.

Tami



BOARD OF ADVISORS

Steven DeLugach

Portland, OR
Chair, IITAP Board of Advisors

Ken Adams

Royal Oak, MI
Chair, Curriculum Committee

Ann Foster

Chicago, IL
Vice-Chair,
IITAP Advisory Board
Chair, Nominating Committee

John Jamieson

Ft. Lauderdale, FL
Chair, Certification Committee

Alyson Nerenberg

Philadelphia, PA
Chair, Supervision Committee

Ken Wells

Scottsdale, AZ
Chair, Ethics Committee

Jennifer Acker

New York City, NY
Chair, Design Committee

Bart Mandell

New York City, NY
Chair Emeritus,
IITAP Advisory Board

CONTACT US

International Institute for Trauma & Addiction Professionals

P.O. Box 2112
Carefree, AZ 85377
(866) 575-6853
Fax: (480) 595-4753
Info@IITAP.com

Tami VerHelst

Vice President
Tami@IITAP.com

Riechia Ralston

I.T. Coordinator
RRalston@GentlePath.com

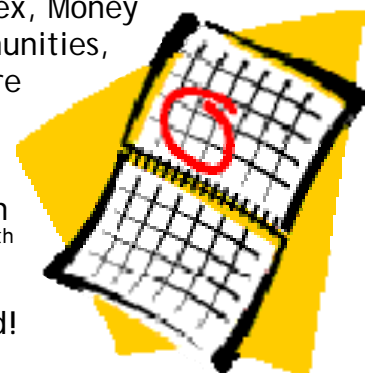


CELEBRATE WITH SASH! (CONTINUED)

- Alexandra Katehakis ~ *“Early Childhood Attachment’s Effect on the Neuropsychobiology of Sex Addicts”*
- Stefanie Carnes & Cara Tripodi ~ *“Partners Tasks for Recovery”*
- Caroline Smith ~ *“Food and Sex”*
- Brian Case ~ *“Using Media to Help Clients Access/Express Feelings”*

In addition, Dr. Patrick Carnes will be giving the closing address, *“Sex, Money and Power: Window to the Soul of a Culture.”* As leaders in your communities, we encourage you to participate in the 2007 SASH conference. For more information, please visit the SASH website at www.SASH.net.

While you have your calendar out, mark Feb. 28, 29 and March 1, 2008 for the IITAP Symposium. Though the Symposium is only in session Friday and Saturday, there will be a number of opportunities on the 28th such as new Supervisor course, Supervisor refresher and a few other special sessions that we’re putting the finishing touches on. Stay tuned!



Upcoming Workshops

CSAT TRAINING MODULE 1

September 12-16, 2007

Rock Financial Showplace
Oakland County, MI

Facilitator:

Kenneth Adams, Ph.D.

Special Guest:

Patrick Carnes, Ph.D.



CSAT REFRESHER COURSE

October 17-21, 2007

The Inn at Otter Crest
Otter Creek, OR

Facilitator:

Steven DeLugach

Earn 30 Continuing Education Units: NAADAC, NBCC, California BBS

Visit www.IITAP.com or www.SexHelpWorkshops.com to download brochures and/or registration forms for these or other upcoming workshops and events, or call our office at (480) 575-6853.



IN THE NEWS



Former Television Star Documents His Recovery

Daniel Baldwin of *Homicide: Life on the Street* and brother of well-known actors, Alec, Stephen and William, recently recorded video diaries throughout the duration of his treatment program for cocaine addiction. Over 19 entries were taped as he underwent a three-month program at Renaissance Malibu in California. Baldwin had previously tried to overcome his addiction quickly, going from treatment center to treatment center, but he has recently come to terms with the fact that his addiction will always be there saying, "I will just always be in recovery and stay sober, so I pray." Of the video diary, Baldwin stated, "It's difficult to talk about, you know, my inadequacies, my inability to stay sober when I'm a relatively bright man and I've had a lot of great blessings and a lot of great opportunities." Clips of the video were shown on ABC

Primetime.

Do you feel it appropriate that Daniel Baldwin is sharing such intimate details of his recovery? Do you think it can encourage others to seek treatment?

(August 2007). Daniel Baldwin talks about his addiction. *USA Today*. http://www.usatoday.com/life/people/2007-07-17-baldwin_N.htm?POE=click-refer.

Rod Beck, All Star Pitcher and Cocaine Addict, Found Dead in Home in Phoenix

Known as a regular guy who would drink beer with fans in the parking lot and who was involved in AIDS charities, Rod Beck reportedly battled a cocaine addiction for three years. As the cocaine addiction took over his life, his relationships with friends and former teammates suffered. He went to rehab on two occasions, but his addiction resurfaced. His wife, Stacey, filed for divorce as his addiction "...went out of control fast, and he never picked himself back up." Though the final autopsy report has yet to be filed and it is suspected he died of cardiac arrest, his ex-wife believes his death was a direct result of his addiction. She said, "Rodney had a disease of addiction, which is a brain disease, and it stole him from the people he loved." Their daughter Kelsey hopes her father did not die in

vain and that his death can help someone. Stacey agrees, stating, "The point of putting it out there is that someone else who has the disease can get some help, can get some comfort, can get some understanding ... and no child should have to be ashamed because her daddy was addicted."

Do you feel it appropriate that Rod Beck's ex-wife aired their "dirty laundry?" Do you feel his death can help someone with an addiction get help? Will other professional athletes seek help for an addiction?

Kiefer, Michael. (August 2007). Ex-wife says cocaine habit killed baseball star. *The Arizona Republic*.

Smoking Prohibited

A new law, scheduled to be enforced next year, will require all treatment centers in the state of New York to prohibit smoking. The law, announced by the Alcohol and Substance Abuse Service in New York, will also require all treatment facilities to provide smoking cessation assistance to its patients who are smokers. This assistance, to include nicotine patches, gum and nicotine replacement therapy, will be provided at no cost to the patient whose insurance does not cover it. It is estimated 92 percent of patients being treated for alcohol or other substance abuse are smokers, or



IN THE NEWS (CONTINUED)

approximately 110,000 patients in the state of New York.

Do you think smokers with a drug or alcohol abuse problem will evade treatment? Will the ban of a legal substance prevent the treatment of abuse of other substances? How will this law be enforced and how will the treatment be paid for? Do you agree with the prohibition of smoking at treatment facilities? Will it have unintended consequences?

Newman, Tony. (July 2007). Smoking eases other addictions. *The Times Union*.

The Effect of PTSD and Trauma History on an Addict's Potential for Relapse

A recent study addresses the relapse characteristics for addicts being treated for substance use disorders. Researchers wanted to identify any differences in relapse characteristics based on the patient's trauma history: no exposure to trauma, a DSM-IV diagnosis for PTSD, and an exposure to trauma while not meeting the DSM-IV criteria for PTSD. It was expected that patients with a trauma history and/or PTSD would be more likely to relapse after treatment, but this hypothesis did not hold true throughout the study. Addicts with PTSD "do not consistently have poorer addiction outcomes."

The study showed that those with PTSD symptoms are more likely to relapse in certain contexts, such as in negative physiological and intrapersonal contexts. Therapy with PTSD patients should focus on intervention in these contexts.

What other variables could influence relapse in substance use disorder patients with or without PTSD? What techniques do you use to treat addicts with symptoms of PTSD? What further research can be done to highlight this population and identify ideal treatment interventions?

Norman, Sonya B., Tate, Susan R., Anderson, Kristen G. & Brown, Sandra A. (April 2007). Do trauma history and PTSD symptoms influence addiction relapse context? *Drug and Alcohol Dependence*, 90, 1, 89-96.

Liberal Country Cracking Down

On the heels of the death of a tourist, a campaign in the Netherlands is pressing for the ban of psychedelic mushrooms. The 17-year-old French girl had ingested psychedelic mushrooms prior to jumping off a building to her death. An investigation into the effects of the mushrooms has been prompted by the health minister of the Netherlands. Once the results are released, the health minister will determine whether to push for a total ban of the

mushrooms or restricted sales to those at least 18 years of age. Controversy surrounds the death, because the girl had experienced psychological problems in her past. The investigation will determine if the negative side effects she experienced, such as hallucinations, were a direct result of ingestion of the mushrooms or that with the combination of her psychological problems. Though the psychedelic mushrooms are not addictive, the ban of them would demonstrate the negative effects of such natural substances.

Do you feel psychedelic mushrooms have an affect on an individual's addictive behavior? Would the ban of the mushrooms have an affect on the availability of marijuana, known as a gateway drug? Are there aspects of the Netherlands' liberal policies concerning illicit drugs that would benefit the United States?

Sterling, Toby. (August 2007). Magic mushrooms face ban in Netherlands. *USA Today*. http://www.usatoday.com/news/health/2007-08-07-netherlands-mushrooms_N.htm?csp=34&POE=click-refer.



CREATING SERENITY WITH STRESS MANAGEMENT

by Sue Neufeld-Ellis, LMHC, CSAT, R/N

In writing this article on Stress Management I thought to myself, "What can I write about that is meaningful to CSATS?"

All of you are seasoned professionals who probably teach stress management techniques to your clients in one form or another. What came up for me was "Remembering." I've taught stress management and meditation for more than 15 years and yet, I occasionally attend a meditation workshop to be "reminded" and "remember." Gaining different perspectives is good.

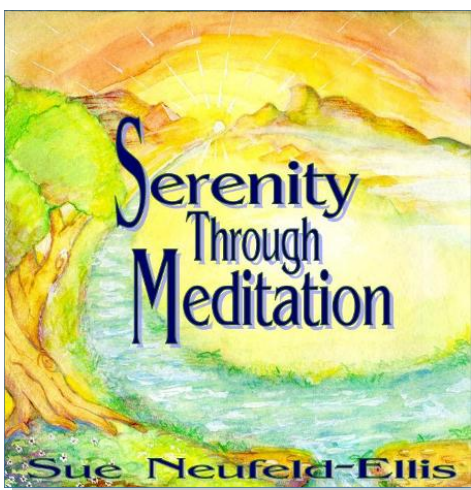
Most of us work at balancing our personal and professional lives: family; couple relationship; children; clients; health (nutrition & exercise); spiritual life; daily chores and tasks; much less fun, R&R, and downtime! We often forget to stop, look at our life, and ask ourselves, "Where is my life out of balance?" "What am I willing to commit to?... to nurture and take care of myself?" I sometimes enlist an accountability partner for support in following through on my commitment to myself. I can get so busy that I put other things in front of the commitment to myself.

It is also important for us to watch for signs of Secondary or Vicarious Trauma, particularly with the client population with whom we work. It can be dealt with through supervision, group consultation, or personal counseling.

I would guess a majority of us chose this field of work, not only to make a positive, healing difference in the world, but also out of inconsistency and dysfunction in our family of origin. We might have issues of "doing" to feel good about ourselves; helping

others to divert from our own pain or problems, and thinking and/or feeling we don't deserve to nurture and take GOOD care of ourselves. If any of this resonates with you, join the club... we all are a "work in progress."

Included below is a handout I use for my meditation and stress management classes. You can use it by having your clients (or yourself!) commit to doing one thing on the list and return to the next session being accountable regarding how it went, and what came up. I hope



these "Tips" will be helpful to both you and your clients.

Remember to Take Care

1. **Women:** Take a hot bath with lavender oils (if not allergic) and candles for a minimum of 20-30 minutes. They are proven to relax your brain and body.
Men: Hot shower water on your shoulders and neck will relax your muscles.
2. Write "exercise" into your daily book as a regularly scheduled appointment. A minimum of 30 minutes three times a week. A brisk walk, aerobics, swimming or any exercise you can enjoy (or learn to enjoy) that raises your heart rate. Remember how you feel afterward.
3. Before you go to sleep at night, write down five things you are grateful for and put the list under your pillow.
4. Cuddle/pet/play with your animal.
5. Cuddle/play with your child, spouse, partner or friend, only doing something fun. Let your "inner child" play, too.
6. Buy a teddy bear or stuffed animal.
7. Call someone you like or love, and have no or little conflict with, and connect.
8. Let your creativity out! Woodwork, make candles or jewelry, tinker on the car or motorcycle, draw, paint, make a collage that totally expresses who you are.
9. Garden or be in nature. Many people, especially men, connect with their spirituality or inner self by being in nature. Hiking, skiing, climbing, vegetable gardening, growing flowers and plants, boating, sailing. Commit!
10. Take up a new sport or hobby that you always said you wanted to do, but haven't. Commit and have fun! What is life if you are not having fun? (Mine is sailing).
11. Rent or see a comedy or funny movie or play. Laughter is the best medicine.
12. Read a good book of interest, not related to your work.
13. Allow yourself to take a nap and not feel guilty.
14. Wear something comfortable that you totally like, or dress up looking awesome!



IN RECOGNITION OF...

Darlene Townsend, CSAT has been invited to be the presenter to the University of Washington Psychiatry Residency Program Grand Rounds at Sacred Heart Medical Center in Spokane on September 11, 2007, where she will spend three didactic hours with the residents and speak to the invited regional mental health professional community.

The title of her presentation is, "An Introduction to Sexual Addiction: Etiology, Addictive System and Sexual Compulsivity," and will help attendees to better understand the definition of sexual addiction, the Addictive Cycle, the Arousal Template, Behavior Patterns, and Recovery Start.



IITAP wants to recognize individuals for their hard work and dedication. If you are aware of a contribution made by a member of the CSAT community who deserves recognition, or if you have received an accolade, please be sure to let us know by calling (866) 575-6853 or sending an email Info@IITAP.com.



CREATING SERENITY W/ STRESS MANAGEMENT (CONT'D)

15. Surprise somebody you love and really enjoy it!
16. Snuggle on the couch, under a blanket, in front of a fire reading a good book or magazine you really like and can get lost in.
17. Don't do one thing you compulsively feel you have to do on the weekend, and for the procrastinators, do one thing on your mentally obsessive list. Only one!
18. For one day, practice being in the moment. When you become conscious of being in the past or future, bring your body back to your center as though you had "stepped out of life" back to the present moment. Continue to practice this one day at a time for the rest of your life.
19. When you find yourself in frustrating traffic (road rage?) take in one, long, deep breath, and do an inner smile as you exhale.
20. Throw/give one thing away a week for seven weeks – or longer if you like it!
21. Practice and then say "no" to any more commitments for one month, just to see how it feels. If it feels good, do it!
22. Conversely, say "yes" to let go of some commitments for one month. If it feels good, do it!
23. In between, if someone asks you to take something new on say, "Can I get back to you on that?" to give yourself some time to assess. Unless it's an emergency, 99% of the time we can buy time to assess or get trusted feedback from others.
24. Write in a journal. It is a wonderful place to express yourself freely. Thoughts, feelings, goals, dreams, pros, cons.
25. Do an act of kindness. Especially to someone you don't like or who irritates you.



© 2006 Sue Neufeld-Ellis, LMHC, CSAT, RN

Sue has a private practice in Bellevue, WA, and has just released her new CD "Serenity Through Meditation" with the sound track by Steven Halpern. The CD is an effective stress reduction tool for therapists and clients, and is available at www.GentlePath.com. Sue can be reached at (425) 455-4207, sue@quantumhealing.us. For more on Sue, visit www.quantumhealing.us.



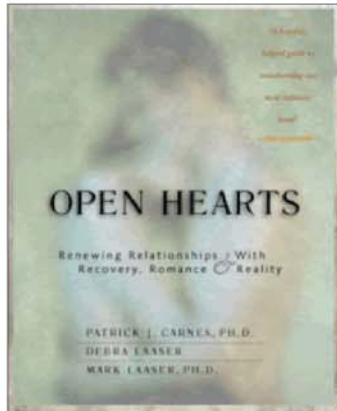


FALL 2007 SALE!



September 1st — November 30th, 2007

Help...



Open Hearts: Renewing Relationships with Recovery, Romance & Reality

This book is written with Carnes' trademark warmth, personal honesty & inspiring insight, & details how to overcome "couple-shame," work through anger, & transform our most intimate relationships into partnerships that sustain recovery.

Regular price \$19.95

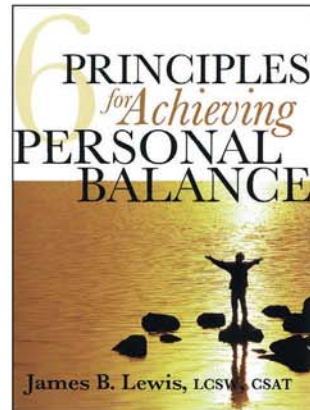
Sale \$15.95

6 Principles for Achieving Personal Balance

A book for all wanting to improve their important relationships — starting with the relationship they have with themselves — and contains 6 effective principles to deal with the everyday & complex problems that life presents, including addictions, anxiety, depression, and obsessive disorders.

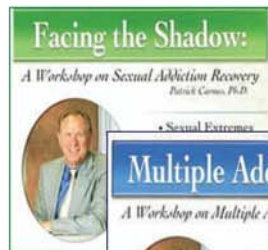
Regular price \$16.95

Sale \$13.55



Hope...

Healing...



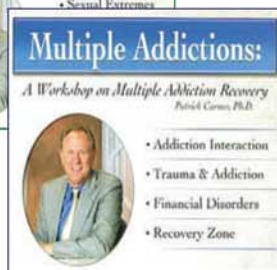
Facing the Shadow Workshop

Multiple Addictions Workshop

This workshop is designed for understanding patients whose behavior is excessive (sex addiction) or compulsively non-existent (sexual anorexia or aversion.) Taught by Dr. Carnes, the workshop is designed to introduce therapists to the concept of "task-centered" therapy.

Reg. price \$49.95/ea.

Sale \$69.90/both



... is Here

Gentle Path Press • P.O. Box 3172 • Carefree, AZ 85377
Phone: (800) 708-1796 • Fax: (480) 488-9125 • www.GentlePath.com • E-mail: Suzanne@GentlePath.com



SECURE ORDERING ONLINE - VISA, MASTERCARD and AMEX ACCEPTED

BUSINESS SAVVY *by Douglas Charney*



Are You Open to Greater Potential Investment Return?

If you're actively saving for your retirement, chances are you may have a few mutual funds working for you, and most likely, they're the typical open-end mutual funds, as these are advertised and marketed the most. But did you know there's another type of mutual fund that can also produce competitive returns?

It's called a closed-end mutual fund, and it can offer great opportunities for investors.

Unlike the traditional open-end mutual fund, which issues an unlimited number of shares, a closed-end mutual fund issues only a limited number of shares. Once those shares are sold, the fund is closed (meaning you cannot purchase shares from a broker). If you want to buy or sell shares, you do so on an exchange market, and the shares trade like any other share of stock. They do not get sold back to the fund broker, and like a stock, the fund's price is influenced by the usual stock market forces.

So, why can closed-end funds be attractive for investors? Several reasons: As a general rule, closed-end fund shares may sell for less than the total value of their underlying investment portfolio. This discount typically occurs after all the fund shares have been sold and the only available shares are for sale on the exchange. In fact, closed-end funds have sometimes traded at a significant discount from their net asset value (the value of the portfolio assets divided by the number of shares owned by investors). As a result, you can potentially make money not only from price changes in the fund's investments, but also from changes in demand for the share of the fund. Many investors seek to produce quick gains by trading in and out of closed-end funds.

To put it into perspective, suppose you want to buy a house, and the market says

that house is worth \$100,000. If that house were an open-end fund, you would pay exactly \$100,000 for that house — the price is fixed solely on the value, not on demand for the house or any other factors. However, if that same house were a closed-end fund, and you found someone willing to sell that house for \$80,000, you could buy a house that's worth \$100,000 for a 20% discount. Then, if the market goes up and the house is now worth \$110,000, you could potentially sell it and realize a \$30,000 profit. Anyone who bought a similar house for \$100,000 would only have a \$10,000 profit.

Of course, this example is hypothetical and is provided for comparison purposes only. Some closed-end funds offer a managed distribution policy, or a promise to pay investors a fixed periodic payment (normally quarterly). Conversely, open-end funds only distribute gains once a year.

Fund Managers Like Closed-End Funds

Both open and closed-end funds utilize fund managers — someone who opens and runs the fund. Whereas managers of open-end funds have to concern themselves with daily purchases and sales by investors, managers of closed-end funds don't have such worries. Additionally, they don't have to keep cash on hand for unexpected redemptions. That is, should a lot of people want to sell their shares, managers of closed-end funds don't have to liquidate assets in order to buy back the shares since the shares sell on the stock market and not back to the manager or broker. The amount of shares investors buy or sell has no effect on the portfolio. And because closed-end funds don't have the same restrictions as open-end funds, closed-end managers can buy thinly traded and international companies that have the potential for higher long-term returns, although that comes with increased risk.



Wait... High Growth Can Mean High Risk

Even though closed-end funds offer greater growth potential; they're not without some element of risk. In fact, the biggest risk can be what makes them attractive in the first place: the fund's discount. In essence, the same discount that lures people to buy can widen in a fallen market, even as the value of the underlying portfolio also tumbles. Many investors call this scenario "double trouble." Closed-end funds are also subject to brokerage fees and higher management fees and are less liquid than regular funds, which could make them much harder to sell. Even with the element of risk, closed-end mutual funds can be attractive for investors who are trying to get more growth out of their assets. In my opinion, few other investments offer the leveraging opportunity that closed-end funds do, but they need to be studied carefully and not entered into lightly. You can obtain information about closed-end mutual funds from newspapers, financial magazines, websites and books.

Open Your Eyes to Closed-End Funds

Closed-end mutual fund accounts are relatively easy to establish. You can buy directly from the broker as a new issue, or you can go to the NYSE or other stock market exchanges and purchase them via that venue. Note that the listing for these funds will be in the stock section, not the mutual fund section. For many people closed-end mutual funds are a viable way to produce significant returns, although, as with other investments, there is no guarantee they will be profitable. Be sure to talk to your financial advisor before you invest in a closed-end mutual fund to be sure it is the right choice for your unique needs.

This article is provided by courtesy of Douglas Charney, a Senior Vice President — Investments with Wachovia Securities in Harrisburg, Pa. To reach him, call (888) 529-2973. The opinions expressed are those of the author and are not necessarily those of Wachovia Securities or its affiliates. The material is distributed solely for informational purposes and is not a solicitation of an offer to buy any security or instrument or to participate in any trading strategy. Wachovia Securities, LLC, Member New York Stock Exchange and SIPC, is a separate nonblank affiliate of Wachovia Corp.





CSAT SPOTLIGHT

GINO VACCARO



Like many CSATs, there was a turning point in Gino Vaccaro's life that led him to become a therapist. That turning point was the healing he received from therapists and other health professionals at an interdenominational prayer meeting he attended, and the influence from his professors while attending a Jesuit undergraduate program at Marquette University in Milwaukee. Although Vaccaro actually earned a bachelor's degree in Business Administration, the call to help others remained strong. "I also wanted to save my family of origin and myself," he says. "When I finally figured out that I could not save my family, I actually became useful to others."

Today, Vaccaro is part of a group of clinical psychologists, professional counselors and social workers who provide a wide variety of mental health services to individuals, couples and families in central Illinois. The practice specializes in sexual addiction, group therapy, Christian counseling, and children and family therapy. They have offices in three cities: Peoria, Morton and Normal. "We enjoy having a counseling center in a town named Normal," jokes Vaccaro. The practice currently has five CSATs in training and plans are underway to open a treatment center for families dealing with sexual addiction. "Our desire is to become the most effective treatment center for sexual dependency in the Midwest," Vaccaro says.

The road to opening the treatment center has been a bumpy one. Originally, the group planned to purchase a building from a church that was relocating. Although they were granted approval from the city's planning commission, they came up against opposition from citizens of the Village Board. "By that time,



these angry citizens were protesting outside local schools and handing out fliers to parents picking up the kids, about how their children were in danger of sexual predators if the Village allowed our center to open there," Vaccaro says. "The complaints were that they did not want 'perverts and drug addicts in the village.'" The battle continued, including an unfavorable newspaper article against the proposed project, until the group decided to look at other properties. "It was an extremely painful and disappointing time for us," Vaccaro says. "We, however, did not give up."

The group was later approached by a nursing home looking to sell a large

85-bed facility. The group again moved forward only to be thwarted by community members. But this time, the newspaper contacted Vaccaro for an interview. "In a short period of time, we had three very positive articles describing us and what we have to offer the community," Vaccaro says. The newspaper articles led to TV news interviews which were also helpful in educating the public about addiction. "We are presently postponed due to an offer the village has made us to purchase property within a few miles from the nursing home. If the offer is appropriate, we will consider it," Vaccaro says. "We feel much more confident and believe we have our legal issues lined up as well. We have also received surprising support from other citizens who have commented in the editorial pages on our behalf and have been talking about the unfounded fears of some members of the community."

In addition to leading the battle to create a step-based sex addiction treatment center, Vaccaro continues to treat patients, and finds time for his two children, Isaiah, 6, and Rachel, 4, and wife Cesli, who is also a therapist.

Although Vaccaro admits to being an overachiever, he says he's working on slowing down. "We both own the practice, but our styles complement each other," Vaccaro says of Cesli. "I am a big-picture visionary and she understands what it takes to get there. I believe we match well that way."



TO OUR PROUD SPONSORS...



www.PineGrove-Treatment.com



www.MillenniumHope.com



The Refuge
A Healing Place

www.TheRefuge-AHealingPlace.com



DECISION POINT

www.DecisionPointCenter.com



ONSITE

www.OnsiteWorkshops.com



www.SexualRecovery.com



wwwFOUNDATIONSAssociates.com



www.PCSEarle.com

THE FLORIDA INSTITUTE FOR RECOVERY AND SEXUAL THERAPY

www.First4SexAddiction.info/index.html

Thank you!

Save the Date

International Institute for
Trauma & Addiction Professionals

**3rd Annual
IITAP Symposium**

February 28 — March 1, 2008

**BLACK CANYON CONFERENCE CENTER
PHOENIX, AZ**

