

April 2011

IITAP

Reflections

setting the standards in education for addiction professionals

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Upcoming Events

May 19-21, 2011 - UKESAD, London, England

May 25-29, 2011 - Mod 2, Oklawaha, Florida

June 1-5, 2011 - Mod 1, Chicago, Illinois

June 22-26, 2011 - Mod 3, Tucson, Arizona

July 21-23, 2011 - CMAT Training (CD), Denton, Texas

Taking Chemical Dependency to Task

by Jes Montgomery, M.D.

One of the contributions of IITAP and the CSAT's that work within its auspices is the use and further development of the Task Model of Sex Addiction treatment. Moving forward to the concept of Addition Interaction is the development of the Certified Multiple Addiction Training, with components in the major addictions. This summer, IITAP with the support of Santé Center for Healing will host the second Chemical Dependency CMAT training for ASATs, CSATs and Candidates. Like the initial offering held in Hattiesburg last November, this is a consolidated course to bring together the current states of the art in chemical dependency treatment and recovery with the fundamentals of the Task Model. Facilitated by the "Facing Addiction" workbook, this course unites knowledge with the practical process of the Task model.

The course takes the attendee on the journey through the basic neurobiology of the "pleasure" and life force center of the brain, the Locus Cereuleus. Information about the molecular and epigenetic components of the addictive process serves as the foundation for a review of the mechanisms of action and chemical processes involved in the development of a dependence on a chemical or multiple chemicals. The process of detoxification, or "detox", is discussed from the neurobiological and molecular perspective, the processes involved in the changes in the

hijacked brain as it is robbed of its drug of choice and through a brief overview of the medical components of safe detoxification. Finally, the grief process involved in Recovery is explored both conceptually and experientially to allow movement into the understanding of the potential neurobiological changes and influences that match the intent and action of the Twelve Steps.

The course offered July 21-23, 2011 for the CSAT community who are familiar with the basic concepts of the Task Model, as it is an abbreviated module. This will in the future be offered as a 4.5 day Module 1 training of its own. The goal of the CMAT for Chemical Dependency is to allow participants to apply the Task Model to those with single chemical dependency and multiple addictions in the same process that has been effective with the CSAT training and growth. For more information, visit www.iitap.com under "events/workshops".





And I'm actually at my desk!
New location ... but at my desk!

During March, not only did we move our offices up the street (our post office address hasn't changed), but we also had a Module 3 training in Pennsylvania. Thank you to our hostess Cara Tripodi of STAR ... see the photo on this page.

We also scheduled a number of new trainings, including Module 1 in Chicago, IL (actually Skokie) June 1-5th. Thank you to our co-hosts Millennium Counseling Center and SRI/The Ranch/Promises. If you are considering the CSAT training, please register as soon as you are able. The training application, information brochure and registration form are available at www.iitap.com under "events/workshops".

We have also scheduled another offering of the very successful "How to Build a Successful Sex Addiction Practice" by Dr. Ken Adams. This workshop is very focused giving participants an opportunity to view their practice in a way that they hadn't previously. This offering will be May 20 (from 3-6 p.m.) and the 21st, conveniently located near the Detroit airport. More details at www.iitap.com under "events/workshops". Space is limited so register soon!

As mentioned last month, back by popular request, the Chemical Dependency three day training for CSATs/ASATs and Candidates for the task centered chemical dependency training will be offered again this July 21-23rd in Denton, TX hosted by Sante' Center for Healing. More details are available on www.iitap.com under "events/workshops".

Module 2 in Oklawaha, Florida (thank you to The Refuge) has been scheduled for May 25-29th, and Module 3 in Tucson, AZ (thank you Sierra Tucson) has been scheduled June 22-26th. More information on both of these trainings is available on the website listed above.

For those of you who could not attend the Symposium, there

is an opportunity to purchase the DVDs. The order form is included in the newsletter on page 6. There were a number of standout sessions and I'm sure you'll find something that you regret missing! The sessions provided much great material. If you have any questions on the content, do not hesitate to e-mail me at tami@iitap.com.

Speaking of the Symposium, the dates for 2012 have been selected and are February 16-18th in Scottsdale. We will again be at the Hotel Valley Ho. We will likely be offering the CSAT Refresher again on Monday - Wednesday immediately prior to the Symposium and more details will be forthcoming.



Module 3 Participants in Pennsylvania

WE'VE MOVED!

The IITAP/Gentle Path Press offices have moved. Our P.O. Box remains the same as do our phone numbers.

If you're sending a package via UPS or FedEx, the physical office location is now 7301 E. Sundance, Suite B102, Carefree, AZ 85377.

Please note that the post office WILL NOT deliver to this location - only the P.O. Box.

Trauma in Childhood Could Contribute to Obesity in Adults

Scientific studies often attribute obesity to poor nutrition and lack of activity, but recent research has identified childhood traumatic stress as a potential risk factor for obesity in adulthood. <http://www.newswise.com/articles/view/572534/?sc=dwhp>

Genetically Targeted Medication Shows Great Promise in Treating Alcohol Addiction

For the first time in alcohol addiction research, UVA investigators have successfully treated alcohol-dependent individuals with medication that is tailored specifically to match their genetic profile. <http://www.newswise.com/articles/view/572636/?sc=dwhp>

Study Identifying Risks, Consequences of Video Game Addiction

A new study by an international research team -- including an Iowa State University psychologist -- found further evidence that video game "addiction" exists globally and that greater amounts of gaming, lower social competence and greater impulsivity were risk factors for becoming pathological gamers. <http://www.medicalnewstoday.com/articles/214280.php>

Helping Others Helps Alcoholics Stay on the Road to Recovery

Participating in community service activities and helping others is not just good for the soul; it has a healing effect that helps alcoholics and other addicts become and stay sober, a researcher from Case Western Reserve University School of Medicine reports. <http://www.medicalnewstoday.com/articles/215119.php>

Drug Abuse Linked To Inability to Recognize Basic Emotions

University of Granada scientists have been the first to analyze the relationship between drug abuse and recognition of basic emotions (happiness, surprise, wrath, fear, sadness and disgust) by drug-abusers. Thus, the study revealed that drug-abusers have difficulty in identifying negative emotions by their facial expression: wrath, disgust, fear and sadness. <http://www.medicalnewstoday.com/articles/215650.php>

Exploring Memory Training as a Strategy for Addiction Treatment

Virginia Tech Carilion Research Institute faculty member leads study resulting in new insight on rehabilitating brain function in addicts. <http://www.medicalnewstoday.com/articles/215082.php>

Poor Eating Habits Can Cause Depression

Researchers from the universities of Navarra and Las Palmas de Gran Canaria have demonstrated that the ingestion of trans-fats and saturated fats increase the risk of suffering depression, and that olive oil, on the other hand, protects against this mental illness. <http://www.medicalnewstoday.com/articles/214931.php>

Our New CSATS

Michael Crosby
Rickey Dovers
John Nord
John O'Connor
Dave Silvers

We are here to help YOU ...

DO YOU NEED HELP? Are a member of the CSAT community and are struggling, personally, with your addiction? Do you need assistance finding professional help? Please do not hesitate to contact our office. We understand the struggles and are not a punitive organization – We want to help all in our community to be the best possible person and therapist. Call Tami or Stefanie at 480-575-6853.

Skype Therapists Needed

We receive many inquiries at the office from people seeking help who do not have an ASAT/ CSAT/ Candidate nearby. Though we continue to work on filling the gaps, people need help now. If you are able and willing to work via Skype, we suggest you include this information on your website listing. Contact tami@iitap.com to request an Enhanced Website Listing form. Please make sure you understand any restrictions your licensing may have around this type of therapy before advertising it.



Networking Groups

The following is a list of networking groups for ASAT/CSAT and Candidates. If you are interested in helping to form a group in your area, please e-mail Tami VerHelst at tami@iitap.com, or call 480-575-6853. This is a great opportunity to network, support each other and share information.

Area	Contact
Northern California	www.ncpasat.com
Southern California	Chad Kellan at cjkelland@hotmail.com
Illinois	Hedy Tan at 312-335-1428
Nashville, TN	Tom Knowles-Bagwell at 615-972-7652
Phoenix, AZ	Marcus Earle at 480-947-5739
Tucson, AZ	Sherry Simon-Heldt at simonheldt@cox.net
Northeast United States	Jim Bresnahan at jimbres2000@yahoo.com
Washington, DC Area	Patricia Fahey at pat@ftaai.com
Wisconsin	Roger Northway at northpath@sbcglobal.net
UK/Europe	Jenny Dew at jennyedew@aol.com
Colorado	Michael Barta at michaelb2007@gmail.com
Portland, OR	Catherine Cooney at cooneycatherine@yahoo.com
Dallas, TX	Cole Adams at cole@bluffviewcounseling.com
North Carolina	Patricia Catanio at pnlee_2000@yahoo.com * FRIENDLY REMINDER: Some weeks I don't check email daily. If you need a quick response, please call me at 919-260-1243. I will get back to you ASAP.
New York, New York	Bart Mandell at askbart@aol.com
Sandy Springs, Georgia	Michael Dunn at mcdunster@yahoo.com



Have You Checked Your Website Listing Lately?

Please check your website listing to make sure the information is accurate. If the zip code is incorrect, the search will not work properly. If the phone number is incorrect, clients can't reach you. Go to www.iitap.com then "Therapist Locator." Type in your state and click the search button or your zip code and give a radius and click the search button. You can also just type in your last name but it can be helpful to have a broader perspective. If we need to correct any information, please e-mail tami@iitap.com.

Join A **Linked in**® Group

If you are an ASAT, CSAT or Candidate who would like to join a Linked In networking Group called **Certified Sex Addiction Therapists**, contact tami@iitap.com or go to the Linked In page for Tami VerHelst or John and Elaine Leadem. This is an opportunity to ask questions, obtain feedback, give and receive support. ■



Contact IITAP

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Vice President
Tami@IITAP.com

Megan Franklin
Administrative Assistant
Info@IITAP.com

New Directory Listing

This is a New Benefit for Our CSAT Community and Sponsors!

In an ongoing effort to match clients seeking help with our CSAT community, we have created a new Certified Therapist Directory. To view the directory visit www.sexualaddictiontherapists.com. This website provides quick access to the therapist directory, the sponsors information as well as the SAST-R so that potential clients can pre-qualify themselves. We believe this will be another benefit for our CSATs and hope you find even more referrals coming your way!

Therapist Tokens Available

If you are an ASAT, CSAT or a Candidate, and would like to take the SDI-R using a Therapist Token, please contact: scarnes@newfreedomcorp.com, or call 480-488-0150.

This is a FREE token for your use. The token provides an opportunity to use the test, personally, without using a client token, but also provides research for the test as a comparison group with the general public. The tests are anonymous and individual test results are provided only upon your request.

Copyright Infringement is a Crime

Did you know that it is a copyright infringement to photocopy copyrighted content without permission from the Publisher? If you are copying materials from a Gentle Path Press Publication (Recovery Start Kit, Facing the Shadows, Recovery Zone, etc.), to use without written permission, it is illegal and unethical. Please make sure you are not violating your ethics requirement by doing this. If you have any questions, contact RPost@NewFreedomCorp.com.

Don't Forget to Renew

We send e-mail reminders about your renewal beginning approximately 60 days prior to the expiration date. Beginning two weeks after the expiration we will remove your name from the websites for referrals. Don't lose opportunities for new clients – keep your certification current!

The renewal form on www.iitap.com under "for therapists" or the combined CSAT and Supervisor renewal is on www.iitap.com under "for therapists" and "Supervisor resources".

Sexual Addiction Referrals

Are you interested in providing sex addiction therapy sessions via Skype – and on a referral basis? John Larkin is a CSAT based in Australia (currently the only one), and is seeking to build a small network of CSAT therapists to service his growing sex addiction client base. If you are interested in exploring this with John and your licensing board approves of this therapy, please contact him direct via his email– john.larkin@au.unisys.com.

RECOVERY ZONE MODEL

200 Days Community Based Model		Workshop Intensive Model
Content Focus	Time Required	WEEK ONE
Intro Workshop	1 Day	Decision Table
Decision Table	2 Weeks	Recovery Zone
Recovery Zone	2 Weeks	Addiction Interaction
Addiction Interaction	4 Weeks	Grievance Story
Long Night Ordeal	1 Week	Trauma
Grievance Story	3 Weeks	3-Month Plan
Fear	4 Weeks	WEEK TWO
Shame	4 Weeks	Shame
Grief	3 Weeks	Grief
Restructuring Self	3 Weeks	Restructuring Self
New Covenant	2 Weeks	New Covenant
Recovery Zone Transition	1 Day	Revised Decision Table
Elapsed Time	28 Weeks (196 Days)	3-Month Plan
		WEEK THREE
		Vision Table
		Relationships
		Money and Work
		Physical
		Legacy Table
		One Year Plan

The IITAP Forum

The IITAP Forum has been created to give ASATs, CSATs, and Candidates a place to discuss topics and coordinate travel arrangements for upcoming events without having to wait for us to post roommate requests to the website or send group e-mails about airline travel.

If you are interested in joining the IITAP Forum, go to www.sexhelpworkshops.com and register. Please feel free to start a thread on the site - It's there for your use!

Get the News Out There

If you are an ASAT, CSAT or Candidate offering a presentation, or you have a group that you would like to have added to the www.sexhelpworkshops.com website, please e-mail an e-brochure to tami@iitap.com for posting to the site.

This is a great way for people in your area to find out what you have going on!



Title	Presenter	Price	Qty.	Cost
"Let's Talk About Fear"	Patrick Carnes	\$25.00		\$
"Recovery Zone: The Next Phase"	Patrick Carnes	\$25.00		\$
"I Love You, I Hate you: Transference & Counter-transference Issues in Supervision"	Alex Katehakis	\$25.00		\$
"Ethical Dilemmas for Therapists Treating Families and Sex Addiction – Don't Get Caught with Your Pants Down – Part 1"	Stefanie Carnes	\$25.00		\$
"Taking Chemical Dependency to Tasks"	Jes Montgomery	\$25.00		\$
"Fighting the Demons – Comparing and Contrasting the Modalities of Trauma Treatment and the Impact on the Therapist"	Panel: Judy Crane, Arlene Story, Charlie Risien, Caroline Smith, E.C. Hurley	\$25.00		\$
"Ethical Dilemmas for Therapists Treating Families and Sex Addiction – Don't Get Caught with Your Pants Down – Part 2"	Stefanie Carnes	\$25.00		\$
"Making Cents in Recovery: Introduction to the New Money and Work Assessment and Treatment Tools"	Bonnie DenDooven	\$25.00		\$
"The Rhythm of Group Supervision"	Cara Tripodi	\$25.00		\$
"Recovery Start Kit: Understanding How to Use It"	Barbara Levinson Kent Ernsting	\$25.00		\$
"Treating Sex Addiction in the New Media Frontier"	Rob Weiss	\$25.00		\$
"SDI – Session 1"	Ken Adams	\$25.00		\$
"Sexual Reintegration Therapy"	Bill Bercaw Ginger Bercaw	\$25.00		\$
"Facilitating Disclosures: An Interactive Panel Discussion"	Panel: Stefanie Carnes, Judtih Trenkamp, Mark Bell, Barbara Levinson	\$25.00		\$
"The Teen Guide to Recovery from Sex and Pornography Addiction"	Jim Lewis Cory Anderson	\$25.00		\$
"SDI – Session 2"	Ken Adams	\$25.00		\$
"Young Adult and Adolescent Sex Addiction: Implementing the Task Model"	Bonnie Phillips Ryan Butterfield	\$25.00		\$
"Body Betrayal: Sex, Love, and Food"	Susan Campling	\$25.00		\$

International Institute for Trauma and Addictions Professionals

6th Annual Symposium – 2011 DVD Order Form

Scottsdale, AZ – Hotel Valley Ho



"10 Worst Best Moments in Recovering Couples Therapy"	John and Elaine Leadem Bill and Ginger Bercau Mavis Humes Baird	\$25.00		\$
"PTSI-R: How to Access and Assess Using the PTSI-R"	Debra Kaplan	\$25.00		\$
"The Recovery Points System: Quantifying the Recovery Tasks"	Milton Magness	\$25.00		\$
"No Lie MRI"	Joel Huizenga	\$25.00		\$
"Hot Under the Collar: Forming a Culture of Reconciliation and Recovery for Clergy Sexual Misconduct"	John Thoburn Rob Baker	\$25.00		\$
"Role of Fear and Trauma as it Relates to Specific Sexual Behaviors"	Dan Siegel	\$25.00		\$
"General Session with Dr. Dan Siegel and Dr. Patrick Carnes"	Dan Siegel Patrick Carnes	\$25.00		\$
"The Cure to Uncertainty"	Patrick Carnes	\$25.00		\$
All 26 Symposium DVD	Symposium Presenters	\$395.00		\$
Any 10 DVDs	Symposium Presenters	\$225.00		\$
CSAT Refresher	Patrick Carnes, Stefanie Carnes, Susan Campling, Ken Adams	\$550.00		\$

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EASY

MONEY!



You can earn \$100

... in "IITAP Dollars" for each person you refer into the CSAT® Training Program upon their completion of the Module 1 Training. Simply ask the Applicant to fill in your name on their CSAT® Application where it asks, "How did you learn of the CSAT® Training Program?"

The coupon can be used towards event and training registrations (Symposium, future modules, including CMAT, and IITAP audio/video purchases.

It may be transferred with written consent.

Restrictions may apply.