



Reflections

"... Setting the standards in education for addiction professionals"

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Upcoming Events

August 17 - 21, 2010 ~ Module 1 in the United Kingdom

September 1 - 5, 2010 ~ Module 1 in Arizona

October 7 - 9, 2010 ~ Sexual Reintegration Therapy training in Pasadena, California

October 13 - 17 ~ Module 2 near Philadelphia, Pennsylvania

October 27 - 31, 2010 ~ Module 3 in Denton, Texas

January 26-30, 2011 ~ Module 4, Denton, TX

The Impact of CSAT Training on Capstone Treatment Center for Adolescents

Adrian Hickmon, PhD. and Bonnie Phillips, PhD., from Capstone Treatment Center in Searcy, AR had the vision to have a "private" CSAT training for their organization. Adrian was kind enough to share some results/insights from their adventure. If you have an adolescent male (age 14-24) who needs treatment, please consider contacting Capstone for additional information at www.capstone-treatmentcenter.com or by calling 501-729-4479.

The sexual addiction tsunami that Dr. Carnes often refers to is hitting a cohort of vulnerable hosts for addiction throughout the world. Because of a myriad of systemic factors, including the internet, video games, trauma, and more, this cohort of vulnerable hosts is children and adolescents.

Today's adult sex addicts started out with magazine porn when they were in junior high. But the sex addicts of tomorrow are beginning with moving and interactive porn on the internet while in middle school or even earlier.

Tsunami might be an understatement. Most of the young men (14-24) that Capstone Treatment Center works with are struggling with alcohol/drug addiction or addiction development. However, a greater percentage struggle with sex addiction or its develop-

ment. We cannot successfully work with young men without addressing the primary nature of sex addiction in its many forms. The same can be said for programs who work with girls since forty percent of people who access internet porn are female.

After finishing Module 4, I can confidently say that the CSAT training has been the most significant training that Capstone has ever experienced. There are five basic ways that it has impacted us. First, the knowledge gained from the readings, lecture, verbal interaction with the trainers, and experiential activities, has increased our effectiveness tremendously. This knowledge impact has enhanced our abilities to accurately assess the nature of a resident's or family's difficulties, to discover the systemic underlying causes, and to formulate effective treatment plans/aftercare. It has changed the language in therapy staffing and conversations, as well as treatment plans and aftercare.

The second benefit is having a set of tools that has enabled us to make this knowledge operational and effectively help people struggling with addiction and trauma along with the systemic family struggles that coexist. The printed materials, the CDs, and the manuals make the journey of recovery a clearly charted course.

Thirdly, as our residents and their families return to their some forty home states, we can refer the majority of them to a CSAT back home

There are lots of opportunities within the organization!

A new PowerPoint presentation for ASATs/CSATs and Candidates to use is on www.iitap.com under "for Therapists". It is on Financial Disorders. I hope you'll take a look at it. Feel free to use it to educate your community.

We will be offering a CMAT (Certified Multiple Addiction Therapist) training in Hattiesburg, MS hosted by Pine Grove. This training will be offered November 18 - 20, 2010. This will be the **only 3 day offering** on the task-centered approach to alcohol/chemical dependency treatment and is only open to current ASAT/CSAT/Candidates. If you are already certified, upon successful completion of this training you will be certified as a CMAT (or AMAT). If you are currently a candidate, upon completion of your CSAT requirements, you will be issued both your CSAT and CMAT certificates. We will be posting information on the training soon on www.sexhelpworkshops.com. Note that the next time this is offered it will be a 4.5 day training similar to the Mod 1 CSAT Training.

We have scheduled a Module 1 training in the UK near London for August 17th - 21st. More details are now available on www.sexhelpworkshops.com. We will be scheduling Modules 2, 3 and 4 there also. We are excited to be back in the UK so that the training is more available to those in Europe. If you are planning to attend this training - please submit your registration form immediately as we need to ship materials out shortly.

Sierra Tucson has graciously offered to host the next Module 1 training here in the United States. It will be offered September 1 - 5 in Tucson, AZ. More details are available on www.sexhelpworkshops.com. We anticipate that this offering will fill to capacity prior to the event so encourage those of you wishing to participate to register promptly.

If you are interested in pursuing the CSAT training, please

Questions, Comments, Concerns? Contact IITAP at (866) 575-6853 or (480) 575-6853.



complete the Training Application available on www.sexhelpworkshops.com and submit it for consideration to our office.

Watch for more details on the Sixth Annual IITAP Symposium which is coming up soon! We will provide a "Save the Date" and give you the necessary hotel information in the very near future.

Prior to the last Symposium, we had a number of participants call after the room block deadline date, and many weren't able to stay at the hotel. This year's location will be much closer to the airport and we think you'll be thrilled with the next venue. We are very excited about the Symposium.

Just as a reminder, the format is changing to a Thursday-Saturday daytime format so you'll have evenings to enjoy. We're planning to have some ideas for non-CSAT spouse/partners to occupy the time you're in sessions too.

We are already busy planning the 2011 events and look forward to bringing you more quality training opportunities. Those of you who have been trained do make such a difference!

Warmly,
Tami VerHelst



Young Women Burned by Addictions to Tanning

Tanorexia, or an addiction to tanning, is common among young, white females. Approximately 20 percent of 18 - 29 year-olds use indoor tanning booths, according to a study published in the Journal of the American Academy of Dermatology. Dermatologists at Loyola University Health System believe tanning addictions are a legitimate health problem.

<http://www.newswise.com/articles/view/564694/?sc=dwhn>

Nationwide Study Shows Substantial Differences in Adult Substance Use Rates Among Various Asian-American Groups

A new national study by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows there are significant differences in rates of substance use among adults in various Asian-American populations. For example, the past month binge drinking rate among Korean-American adults is three times higher than among Chinese-American adults (25.9 percent versus 8.4 percent). Similarly the level of past month illicit drug use among Japanese-American adults is nearly three times higher than the level among Asian Indian-American adults (6.2 percent versus 2.1 percent).

<http://www.newswise.com/articles/view/564797/?sc=dwhn>

Changing Health Policies for Effective HIV Prevention Public Health Interventions Should Reflect Sexual Behaviour Trends

HIV/Aids prevention campaigns which take into account changing sexual trends and social norms are more effective than campaigns which ignore them, according to the results of a series of surveys conducted in France. The findings will be published in the forthcoming issue of AIDS, the leading journal in the field of HIV and AIDS research.

<http://www.newswise.com/articles/view/564753/?sc=dwhn>

In The Brain, Early-Stage Intense Passionate Love Seems To Be Universal

Close relationship researchers have previously found that Easterners (those from collectivistic cultures such as China) seem to

regard love differently from Westerners (those from individualist cultures such as the United States). <http://www.newswise.com/articles/view/565090/?sc=dwhn>

In Adults With Anorexia Brain Volume Found To Change Following Weight Gain

A team of American psychologists and neuroscientists have found that adult brain volume, which can be reduced by Anorexia Nervosa, can be regained. <http://www.medicalnews today.com/articles/190092.php>

Study Finds Poker Players Using Drugs to Enhance Performance

A Nova Southeastern University study recently presented at a national conference found that 80 percent of poker players around the world reported using drugs and other substances to enhance their performance in poker.

<http://www.newswise.com/articles/view/565179/?sc=dwhn>

New Report Provides Startling Look at Substance Abuse On An Average Day In The Life Of American Adolescents

On an average day, 508,000 adolescents aged 12-17 in the United States drink alcohol; 641,000 use illicit drugs; and more than 1 million smoke cigarettes, according to a national survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). <http://www.newswise.com/articles/view/565259/?sc=dwhn>.



(Continued from Page 1 ...)

that follows the same charted course which helps us "ensure a continuance of quality care. The Recovery Start Kit, many of the experiential activities from the training, and the assessments have contributed greatly to this benefit.

However, the fourth benefit is the most significant for our therapy team, which also includes our admissions team. That benefit is the impact of CSAT on us individually in terms of our own individual work. The research is clear that the most significant change agent in therapy is that the client sees the therapist as authentic and as having the practice of doing his/her own work. Judy Crane from The Refuge, this year's NAATP CEO of the year, adamantly said to me at this year's conference, "How in the world can a person be the therapist or deserve to be the therapist if they don't do their own work?" We hired IITAP to bring the CSAT training to Capstone since we had sixteen therapists needing to complete it. It has sparked each of us to do more of our own work subsequently enhancing our effectiveness significantly, not to mention our quality of life.

The fifth benefit is simply the icing on the cake. Our team has become so much closer in our relationships with each other due to the CSAT training. While this has already increased our synergy as a therapy staff and as an overall program, the most meaningful part of this benefit is how much more fun and meaningful our closer relationships have made our days at "work."

CSAT Spotlight

Chris Lorenc, MS, LPC, NCC, CSAT
Board Certified Professional Counselor
Dallas, Texas

Tell us a little about yourself – where you live, family, education, hobbies, etc.

I live, perform my passion, and play in the Dallas/Fort Worth area, moving here when I was 20 years old in search of work, and frankly, an identity. Texas is a funny place, as you are either a True Texan, which means being born here, or no matter how long you have been here, a transplant. I guess I have been called worse.



I graduated with a Master of Science in counseling from the University of North Texas, a number of years ago, and have been "practicing" counseling ever since. My family

today is what those in recovery call a family of choice, as I spend quiet and not so quiet time with an intimate circle of close friends. I am a passionate animal lover, and my white German Shepard, Jenna Fur, is an integral part of my life and my recovery. Her brother, "Willhe", is a Red Spectacled Amazon Parrot, who has chosen to live with me for the last 28 years and thinks I am a bird, too. Maybe I really did find an identity.

I love sports and the outdoors, playing racquetball, and enjoying skiing, hiking and just plain walking. Cooking and reading are very important calming activities as well. Currently I am teaching myself to play the guitar, and working to just be more quiet, which all of my friends, my clients, (and those not in either category) think is impossible.

Tell us about your path to becoming a therapist. What obstacles have you had to overcome?

I think that the story of becoming a therapist has had some real twists, turns and impossibilities. I became a therapist later in life, as a third or fourth career in a restless journey. The most recent career was as a computer consultant. Weird huh? Before that I did a lot of things, from driving a truck for United Van Lines, running a United Van Lines agency, owning my own moving company, house painter, cook, (actually a Sous-Chef giggle, giggle), salesman, and more.

My journey is better understood as a story about overcoming addiction, as both parents were alcoholics and addicts and died from addiction related diseases. My path into addiction was paved even before I hit the ground crawling. This is my greatest gift today, and potentially my greatest liability. I have an insiders view into sex addiction, alcoholism, drug abuse and addiction, and rage. I have both watched the Addiction Team play, and been on the Team.

(Continued on Page 5 - PIP Testimonials)

Do you believe that there is still a stigma surrounding sex addiction?

The stigma around sex addiction is complicated, and hard to describe universally. There exists a stigma about sex and a stigma about addiction, and this forms a complexity that is often oversimplified and misunderstood when the two words are combined. Many still think of “pervert” when the term is used, and someone who has “fallen” and lacks will or moral fortitude. Both of these are unfortunate views and get in the way for many who desperately need recovery. Many partners struggle with the disease model, and believe I am helping their partner have an excuse for bad behavior. Others may believe that I am over-pathologizing people, and trying to normalize addictive behavior. No matter what, the stigma exists today, although the mere fact I am writing in a sex addiction journal, tells me how far the process has come since my first SAA meeting in the late eighties.

Tell us about your practice – types of clients you see, tools you utilize, what is working for your clients.

I am in private practice and 95% of my practice is sex addiction or co-sexaddiction. I see both men and women and use a 12 step “plus” approach. This is what I see work. The 12 step process is used as a mandatory foundation, as it is more than just a tool, it is a lifestyle change. Three meetings a week, a sponsor, working the steps, weekly individual therapy, participating in a therapy group along with med management for the coexisting brain issues. As this structure develops for each client the task-centered model is used, along with referrals to outpatient or inpatient as needed.

I do a lot of assessing up front, and use the SDI, PTSI, MWASI and the MMPI-2. These help me plan treatment, and adds a precision that helps the partner and addict see in black and white what is going on. Adjunct therapies like EMDR are used. Breathing (yes, my clients don’t know how to breathe), the PCI, yoga, Tai Chi, meditation, and other healthy self-soothing practices and structures are constantly discussed and encouraged.

What are your future goals for your practice?

Right now, I am continuing to integrate the task model, and have plans to move past the billable hour. How I am going to do that is my current process and developing as I write!

Questions, Comments, Concerns? Contact IITAP at (866) 575-6853 or (480) 575-6853.

Are you treating clients of both sexes? If so, does the treatment differ between the sexes?

I do treat both men and women and they are very different. The motives behind acting out are often also very different. The men tend to see acting out about power and control, as do the women. The path with the female SA's is a much more patient and embracing approach, and the stigma for a female SA has not changed much. Safety, security, and trust in the therapeutic relationship is a must. An incredible amount of shame and labeling exists for them, and a great deal of courage is necessary for a woman to even come to my door, let alone come back for a second session. The men usually are more open to being tough on them, and as most of the meetings are made up of men, they can more easily “fit in”.

Are you interested in research/new findings, etc., about sex addiction?

I am constantly reading and have created a library of research on sex addiction. I subscribe to the SA journal and as a recovering sex addict, really enjoy the latest findings, especially around not just what is wrong with the brain, but the beauty and wonder around the addicted brain changing and healing. One of my first therapists told me that sex addiction wasn't really a problem. Another told me I just needed to get closer to God. Yet another told me I wouldn't get any better, and finally another never read any research about sex addiction at all. All of them helped me regardless, don't get me wrong. At the same time, I also learned from them some of what not to do, and it is fascinating and rewarding to see the new findings and read the research, and have the ability to bring this into my practice and help people in ways I never had, nor could I or any past therapists have even imagined.

What do you see for the future in sex addiction therapy?

I really see it continuing to be a specialized area, with insurance at some point accepting and trying to manage the huge costs of this disease. By specialized, I mean that the market will demand professionals who are experts in this area, and have the credentials and experience. The move will likely be towards intensive outpatient settings that provide full-service without the bed, so to speak, where people can go for short periods of time

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and get as much benefit as long-term treatment. My role as a clinician will hopefully move to a more integrated and supportive role with the treatment facilities, with less fragmentation of the field. The stigma will likely be pervasive, as again sex and addiction are complicated. More and more people, however, will speak out who have been on both sides of this issue, and a facilitated reduction in societal shame will occur.

Are you active in your community? Tell us about it.

This is an area of improvement and focus. Currently I am working to “come out of my shell” (please, no laughter here). I have a core group of professionals I work with, and refer to; however, in the future I see a much more active role in the SA community.

What are some things about you that the CSAT community doesn't know.

Other than the bird and sous-chef?? Okay, I like flowers. Flowers. They make me smile. I am terrified of bees, and I screech like a cat with a hurt tail and run when I see them. Is that enough?

We are also here to help YOU ...

DO YOU NEED HELP?

If you are a member of the CSAT community and are struggling personally with your addiction, or if 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 Marianne at 480-575-6853.

Our New CSATS

Please join us in welcoming our newest CSATs:

Thomas Pough

Corrie Davidson

Gary Dec

DeNette Vital

Nina Laitrello

RECOVERY ZONE MODEL

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

If your organization is interested in hosting an IITAP training or workshop, or having a private training for yourselves, please contact Tami VerHelst at tami@iitap.com, or call 480-575-6853 for details.

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: mharkin@recoveryzone.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.

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!

Media Kits are Available

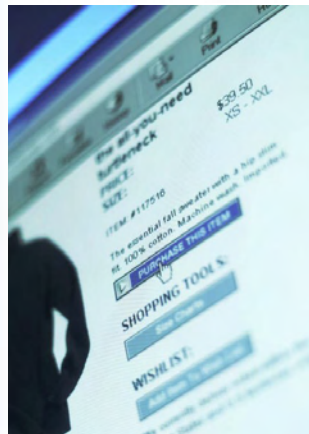
This is a reminder that there is a Media Kit on www.iitap.com under the section "For Therapists". Many of you are likely receiving calls in light of current events. We encourage you to review this information and to have a plan!

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. ■



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".

Contact IITAP

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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	Irena Dubiel at IrenaDubiel@aol.com
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.

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!



Sixth Annual IITAP Symposium in 2011

We are working on scheduling the dates and location for the 2011 Symposium. The title is tentatively "Neuroscience - The Portal to Change and The Task Centered Approach; The How and Why of Using Tasks in Your Practice". We will provide additional information as things develop. If you are interested in presenting something that fits into this framework, please send a brief summary of your proposal to tami@iitap.com.



CMAT TRAINING: ALCOHOL-CHEMICAL DEPENDENCY – 18 CECs

Facilitated by James “Jes” Montgomery, M.D.

November 18th – 20th, 2010 in Hattiesburg, MS

Registration Fee before 09/01/2010: Early Bird \$725


Registration Fee before 11/03/2010: \$750

Registration Fee after 11/03/2010: \$795

REGISTRANT INFORMATION (Please print clearly. Preferred name is used for nametags and full name is needed for professional purposes.)

Name: _____ Preferred Name: _____
 Agency/Employer: _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Phone #: _____ Fax #: _____
 E-mail: _____

PAYMENT INFORMATION (Please print clearly. Payment plans may be arranged. Contact IITAP staff for further information.)

Payment Amount: _____
 Payment Type:    Check / Check #: / _____
 Name on Card: _____
 Card #: _____ Security Code#: _____ Exp Date: _____
 Cardholder Signature: _____ Date: _____

Please submit completed registration to IITAP. Fax (480)595-4753 or email info@iitap.com

CANCELLATION POLICY

For a full refund, a written cancellation notice must be received by IITAP no later than 30 days prior to the scheduled event. Cancellations received less than 30 days prior to the scheduled event will be refunded less a \$200 cancellation fee. No refund will be given as of the first day of the scheduled event. Allow 6 weeks for refund.

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Spotlight Sponsor




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MONEY!

EASY



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.