



REFLECTIONS

OCTOBER 2007

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

INTERNATIONAL INSTITUTE FOR
TRAUMA & ADDICTION
PROFESSIONALS

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IMPORTANT DATES

**CSAT Advanced Training
CSAT Refresher Workshop**
October 17—21, 2007
Portland, OR

**Summit for Clinical
Excellence Conference**
October 19, 2007
Tempe, AZ

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

DR. PATRICK CARNES TO BE KEYNOTE PRESENTER AT CONFERENCE



Dr. Patrick Carnes
will be a keynote presenter at
The SUMMIT for Clinical Excellence Conference
Friday, October 19, 2007 in Tempe, Arizona

1:45 - 3:15 p.m.

Keynote Presentation

*"Understanding MULTIPLE Addictions:
Addiction Interaction Disorder"*

3:45 - 5:15 p.m.

Break-out Session

*"Eroticized Rage & Other Sexualized Feelings:
Courtship, Compulsion & Cybersex"*

The Summit for Clinical Excellence, brought to you by the Ben Franklin Institute, is a forum where mental health care providers can connect with, learn from, and inspire one another. Consider attending the entire SUMMIT from Thursday, October 18th - Sunday, Oct. 21st in Tempe, AZ.

To register or obtain additional information, visit www.BFISummit.com or call (800)643-0797.

For a complete list of upcoming workshops and events, visit www.SexHelpWorkshops.com



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

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



In early September, we completed our first Module 1 training using the new curriculum in Novi, MI. Dr. Ken Adams was the lead facilitator with Dr. Patrick Carnes participating for the kick off. We are very pleased with the new CSAT candidates who are intelligent, caring and diverse in geography — which includes South Africa, Israel, Canada and throughout the U.S. We are excited to welcome them into the CSAT community!

Currently the only scheduled Module 1 training is January 9 – 13th in Phoenix. If you are interested in participating in this training or know of someone who is, please submit the training application which is available on our www.IITAP.com website under "For Therapists." As we mentioned in our last issue, many resources are now available online, so please visit the site often. If you do plan to attend Module 1 in January, we encourage you to begin reading "Facing the Shadow" in preparation.

We have received a number of requests from persons asking about therapists who are using The Recovery Start Kit. Because we

believed this suggestion to be worthwhile, the identifying information is now included on the IITAP website at no charge to CSATs.

As just a reminder... if you are a CSAT with an upcoming event or workshop, your event can be listed on www.SexHelpWorkshops.com at no charge to you – just one of the benefits of your CSAT membership.

Please refer to page 9 of this newsletter for information regarding the call for papers for the upcoming 2008 Symposium. To those of you who have already submitted their proposals, I will be reviewing the information and will be in touch.

Be sure to check out the new look of the www.SexHelp.com website, which has undergone a major facelift and the results are impressive!

The Beta testing for the online SDI is underway. We are excited to have this tool and to begin working through the initial bugs. The SDI-Online will be available only to CSATs, and will not only provide you with an assessment tool, but also provide you with an additional stream of income as you can

market your assessment services to others in the community. More information will be coming on this in the near future.

A final reminder to those of you who are interested in attending the CSAT Refresher in mid-October... we have a few spots remaining at the Oregon... *pronounced Or-e-gun, as I was recently corrected because of my Midwest accent...* Oceanside at the Inn at Otter Creek. For more information, visit www.SexHelpWorkshops.com. Advisory Board Chair Steve DeLugach will be facilitating this training and it is sure to provide you with many useful tools, as well as a soothing location.

Our office is always happy to assist in any way – don't hesitate to contact us.

Tami

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CONGRATULATIONS & WELCOME...

... to those who successfully completed the CSAT Certification process as of July 31, 2007.

The newest members of our Community include:

Gail Appel
Jennifer Barbieri
Christine Carr
Peter Crockett
Mary Jane Holland
Silvia Jason
Rod Jeppsen
James Lane
William Lane

Julia Floyd-Jones
Michael Lang
Mark Miller
Michael Morbitzer
Gary Ongley
Dan Rowlands
Judith Trenkamp
Hal Waite



You are now members of an international network of experts in the field of sex addiction, and we're happy to have you!

UPCOMING WORKSHOPS

CSAT ADVANCED TRAINING & REFRESHER COURSE

October 17-21, 2007

The Inn at Otter Crest in Otter Creek, OR

Facilitator:
Steven DeLugach

For a complete list of upcoming workshops and events, visit www.SexHelpWorkshops.com



OOPS!

The September Reflections

Newsletter identified CSATs who were speaking at the SASH Conference. We have since learned that the list we were provided did not include Michael Howard, who spoke on the topic of "Diagnosing and Treating Sexually Compulsive Behavior in Military Couples," and we apologize for the omission.

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



ANONYMOUS SEX BROUGHT INTO THE FOREFRONT

With the recent guilty plea made by Senator Larry Craig (R-Idaho) to a charge of disorderly conduct after his arrest for lewd conduct in an airport restroom, the topic of anonymous sex has come to light again.

Craig was arrested by an undercover police officer during a public sex sting operation for allegedly making gestures typical of public sex encounters.

Controversy ensued. As his peers called for his resignation, the arresting officer accused him of lying during the interrogation. The Senator he stated his intention to resign, sought and overturn of his guilty plea, and voiced regret over his statement of resignation.

Craig's struggles have brought discussion concerning the background of anonymous and public sex. A number of married men and homosexual men seek anonymous sexual

encounters in public places, such as in restaurants, public parks and airport restrooms with other men.

Some deny being "gay," and when arrested, plead guilty to avoid the encounter going public.

Have you had married men who engage in anonymous sex with other males as patients? How have you encouraged their recovery?

(August 2007). Officer accused Craig of lying. *USA Today*. http://www.usatoday.com/news/washington/2007-08-30-craig-tape_N.htm?loc=interstitialskip.

Duke, L. & DeNeen, L. (August 2007). Tapping into the secrets of the stall: Experts say anonymous sex in public places is a compulsive behavior. *The Washington Post*.

* * *

SEX OFFENDER LAWS EFFECTIVENESS QUESTIONED

A recent study released by Human Rights Watch highlights the effectiveness of sex-offender laws across the U.S. As the U.S. has the most restrictive sex offender laws in the world, it is important to identify whether the laws are effective in combating sex offenses.

The organization states there is no study that shows a correlation between public

notification of sexual offenders and a decrease in sex offenses. Instead, they show concern that sex offenders struggle to assimilate back into a community and often face public shunning.

Proponents of sex offender laws point out it is impossible to determine how many potential cases of sexual abuse have been avoided as a result of the laws in place.

Do sex-offender laws prevent recidivism? Do they encourage the rehabilitation of sex offenders or make it nearly impossible for them to re-enter society? What changes would you make to the laws to make them more effective?

Rozas, A. (September 2007). Sex-offender laws called ineffective, study: No evidence monitoring works. *Chicago Tribune*.

* * *





ADDICTION TO VIDEO GAMES TO BE STUDIED

The AMA (American Medical Association) has its hands full as it is expected to determine the fate of a number of addictions prior to its release of the new version of the *DSM (Diagnostic and Statistical Manual of Mental Disorders)* in 2012.

Controversy has surrounded the possible addition to the *DSM* of multiple addictions, such as sexual, gambling and more recently, video games. The AMA, concerned with the estimate that 70-90 percent of American adolescents play video games, will likely request the study of whether video game addiction should be included in the *DSM*.

A recent survey of more than 1,100 adolescents found 8.5 percent reported addiction to video games, while 23 percent reported being addicted sometimes. This "addiction" has been correlated with violent and aggressive behavior, anti-social attitudes, attention deficit disorder, decreased physical activity, and poor

performance in school.

Opponents of extended video game use being called an "addiction" argue the possibility the content of the games is causing the health and social complications, but agree that more research must be done.

The addition of video game addiction to the *DSM* would mean more insurance coverage for treatment and likely more funding for research into the background of the addiction, as well as for effective treatment options.

Do you feel excessive video game use can be considered an addiction? Have you had adolescent patients that show symptoms of addiction seemingly related to playing video games? On what grounds should the AMA base their decision on inclusion into the DSM? Would these grounds also apply to its determination of inclusion of other addictions, such as sexual and gambling?

Hendrick, B. (June 2007). Millions of kids hooked on video games? Doctors to urge study. *The Atlanta Journal*.

Jones, M. (July 2007). How can you distinguish a budding pedophile from a kid with real boundary problems?

* * *

CIVIL COMMITMENT ON HIATUS

A 2006 law known as civil commitment is under review in light of a federal judge ruling. Civil commitment occurs when the government detains a sex offender past their release date, typically in a mental hospital, for fear of future sexual offenses. The offender had to be deemed "sexually dangerous" in light of convincing evidence.

This practice is under review as prison officials in North Carolina are pressing for the extended detention of five sexual offenders. A federal judge ruled this practice unconstitutional, as it is impossible to prove an individual will commit a crime in the future. This ruling currently affects the case of the men in North Carolina, but does not apply across the country.



Should a sex offender be detained past their sentence? Are there any instances where this would be appropriate? Can an individual be shown beyond a reasonable doubt to be "sexually dangerous" and likely to commit a sexual offense in the future? What characteristics would apply in the determination of the propensity for future crimes?



IN THE NEWS (CONTINUED)

(September 2007). Judge strikes down sex offense commitment law. *USA Today*. http://www.usatoday.com/news/nation/2007-09-12-sex-offenders_N.htm?csp=34.

FLORIDA PROSECUTOR ARRESTED IN UNDERAGE SEX STING

A string of Internet conversations between an assistant U.S. attorney and a detective pretending to be the mother of a 5-year-old girl resulted in his arrest. The attorney traveled to Michigan with the intent of having sexual conduct with the child, per the mother's request. If convicted, the man can receive up to 40 years in prison for intending to have illicit sexual conduct with a minor, as well as for enticing sexual conduct with a minor through interstate communication.

Do you feel the circumstances of this case occur frequently across the country? How can these circumstances be prevented in the future?

(September 2007). Prosecutor sought sex with girl, 5. *USA Today*. http://www.usatoday.com/news/nation/2007-09-17-prosecutor-arrested_N.htm.



YOUR VIEWS ON THE NEWS



LIBERAL COUNTRY CRACKING DOWN

Regarding sexualizing young girls... "What is wrong with a society that makes pre-adolescent girls' bodies the ideal for womanhood? With the ultra skinny - shapeless (except for breast enhancements!) body and the shaved pubic area - what kind of insane message is getting delivered? And it seems unbelievable to me that the clothing industry won't let go of the jeans/pants/skirts that ride so low on the body that the midriff/navel always shows - even for 5 year olds!!! Parents have been telling me how difficult it is to buy appropriate school clothes for their daughters of all ages. Is there any way to get through to the "powers that be" that this sexualizes children?

~ Marjorie R.
Allentown, PA

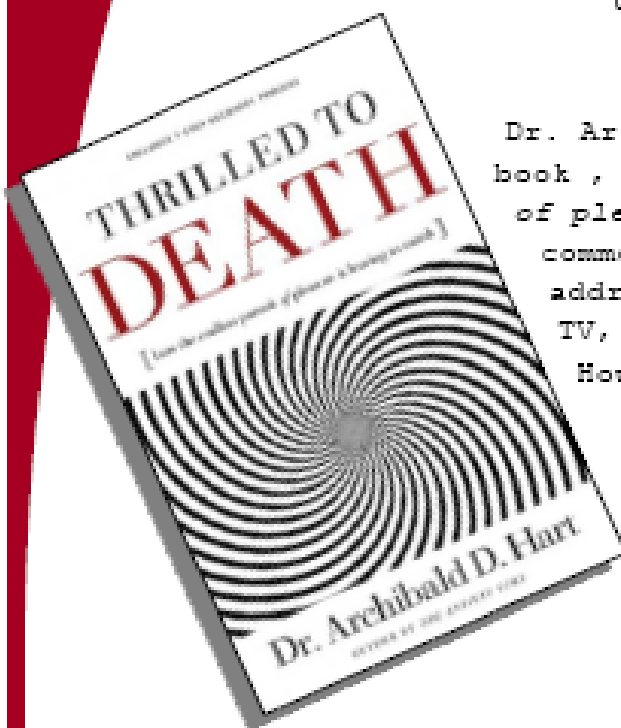
We would like to hear from you. If you would like to share your opinion regarding a recent topic from this newsletter or other news media, please submit it to RRalston@GentlePath.com.



Hot Off the Press!

October 2007

Gentle Path Press has a special working relationship with the CSAT community, and we love to brag about their accomplishments! We are especially proud to announce when CSAT members make a literary contribution to the field of addictions!



Dr. Archibald D. Hart is not a CSAT, but his new book, *Thrilled to Death: How the endless pursuit of pleasure is leaving us numb* has something in common with our community. *Thrilled to Death* address issues of over-stimulation to videos, TV, Gameboys, specialty restaurants and more. How these things effect our ability to enjoy simple pleasures may be surprising. To read excerpts from the book and to order, please visit www.amazon.com.

As some of you already know, we are temporarily out of *Facing the Shadows*. We've made a few updates, but not enough for a new edition, and it should be available in approximately six weeks. We apologize for any inconvenience this may cause. Please note that it should still be available through www.amazon.com at this time.



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BUSINESS SAVVY



FINDING LIFE BALANCE: THE NEW HOLY GRAIL

Linda Nacif — Finding balance in our lives is the new Holy Grail. As the Holy Grail symbolized the attainment of happiness, so is the reason we search for this balance. If only we weren't so busy with deadlines and projects, we would be able spend more time with our loved ones. If only we didn't have to work overtime we would have the energy to exercise and lose weight. If only we didn't have two mortgages we could find peace and get a good night's sleep. If only....if only....we could find the illusive balance.

The definition of balance, according to the Encarta encyclopedia, is a state in which a body or object remains reasonably steady in a particular position, while resting on a base that is narrow or small relative to its other dimensions. So, the secret to balance is in identifying the narrow base that permits us to remain in equilibrium. If the base is the children, work, a spouse, religion or recreation, there will always be imbalance because something will be missing and we might feel alone, unbalanced, or even fearful.

So what is the answer? If we support our life decisions on values, balance will become the natural consequence. Values are what you esteem, what you give worth to, and these are the things that should form your base and determine where you spend your time, money and energy. How to use values as a means for achieving balance:

1. Understand that finding balance is an individual process. Only you know

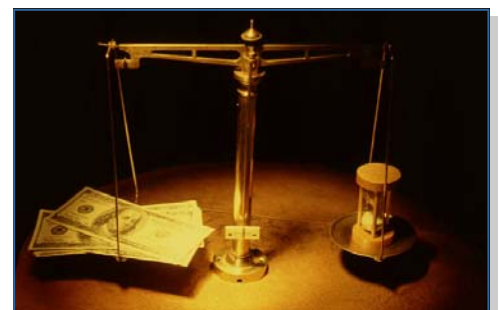
what's most important to you. A way to discover this is by visualizing your own funeral and what you would want others to say about you, or imagining you had a year to live and what you would do in that last year.

2. Write down your long-term goals in a mission statement, which documents your perception of your purpose in life. To help you write a mission statement, I recommend Steven Covey's classic book, *The Seven Habits of Highly Successful People*.
3. Define what's important to you. This work takes a lot of time and you might have other, more "urgent," things to do that can't wait, such as a new client or a ballet recital for your child, but you must make time to define what gives meaning to your own life.
4. Be honest with yourself. Ask yourself if you are truly willing to give up your uneven focus, be it your profession, children, love, or even excuses for not achieving equilibrium. For example, although you say you would like to be balanced maybe you're staying at work longer to avoid going home, or perhaps you really enjoy the drama or the rush of being under pressure. If this is the case, it's important to fix the problem before trying to achieve balance.
5. Notice where you're spending your time, energy and thoughts. Ask yourself if they will lead to achieving your long-term goals. Sometimes things like preparing, reading and studying don't appear to be important, but they are precisely the habits necessary

to have balance.

6. Leave work at work and don't let your office responsibilities interfere with your personal relationships at home or physical well-being. Make it a habit to park your car for a few minutes before you enter your house to reflect on how lucky you are and the person you want to be when you greet your family. Reading your mission statement, a short meditation or affirmation will also help to keep you in the moment. For example, "I acknowledge the work it has taken to prepare for my arrival and I will show sincere and heartfelt appreciation."
7. Stay INTENSELY focused! We waste so much time aimlessly going over past mistakes and future possibilities. Your mind can't be in the moment and in the past or future at the same time. Planning and performing mental activities is not the same as daydreaming about past events or future possibilities.
8. Release yourself from attachments. Realize that most of the time your thinking has to do with aimless thoughts, and when you're balanced, happiness is a natural manifestation. So, when you're constantly upset, it's impossible to focus completely on the moment at hand. In ancient times, the samurai would try his best and accept death is a possibility.

(Continued on page 10)



ANNOUNCEMENTS



2008 SPONSORSHIPS

You have the opportunity to support the organization who supports our CSAT community, while simultaneously helping your practice to reach new heights!

Several sponsorship levels are available to fit every budget that will also provide exciting opportunities to market your business to fellow CSATs, as well as bring awareness to your specialty in the field of sexual addiction.

If you would like additional information on this advertising tool, contact the IITAP office at (480) 575-6853, or send an email to Info@IITAP.com.

GIVE CREDIT WHEN IT'S DUE...

It has come to our attention that some of Dr. Carnes' / IITAP's presentation materials are being used by persons speaking at workshops and/or events. Although we are glad you want to use the materials — as a courtesy reminder — you **must** cite your reference. Thanks!



Save the Date

International Institute for
Trauma & Addiction Professionals

3rd Annual
IITAP Symposium

February 28 — March 1, 2008

**BLACK CANYON CONFERENCE CENTER
PHOENIX, AZ**



They could not become concerned if they lived or died. They believed that during battle, the moment they became worried about death they would lose the fight. What greater detachment can exist than the attachment to living?

- Learn to say "no" to others, but especially to yourself. Once you have written down your mission statement, you can become aware of all the non-productive things you do that waste time and sabotage the balance you say you want. Say "no" to yourself when you want to open an e-mail that has nothing to do with your goals. Say "no" when you start to remember something from the past and try to figure out why he or she did that horrible thing to you or what you could have done differently. Say "no" when you want to pick up the phone to gossip with a friend when you know you're on a schedule.
- We all try – and fail often – balancing our work and social responsibilities. It's because we haven't taken the time to truly know what our purpose in life is. Attaining that balanced scale of all aspects of our life is an art that must be consciously cultivated over time. Balance is an inner, individual job where only you can define what's important to you and your unique purpose in life. Good luck with this goal and be aware that it's not static, but will change over time.

Linda Nacif, author of Jump and the Joy Will Follow: How to Live in Conscious Joy and Health in Every Stage of Life" is a bilingual author and speaker with a Master's degree in clinical psychology. Through Linda's breakthrough techniques and passionate communication, she encourages clients to dare to go beyond their comfort zone by being adventurous, fit and enthusiastic. For information on her keynotes and seminars, visit www.lindanacif.com; call 619.733.2071.

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