

TREATING SEXUAL ADDICTION: RECOVERY IN A CULTURAL CONTEXT

Friday, November 5, 2004
9:00 am until 4:00 pm
6 CEU's

Karen T. Cimini, Ph.D.

SUMMARY

Like every other addiction, sexual addiction is as old as the proverbial hills. However today's researchers and clinicians are finding that culture, and the new tools of our culture including the internet, are greatly affecting the behaviors, access and context of the sexual addict.

This course was designed for therapists in general as well as addiction specialists. It will present current research and theory of the sexual addict as well as concrete interventions, recovery step-work ideas and relapse prevention for the addict and the family of the addict. This program will also include recovery ideas, interventions and relapse prevention for the partners of sexual addicts who are not often addressed specifically in therapy or recovery programs.

An overall healthy model of sexuality will be explored, and ideas offered for community intervention which could reduce the occurrence of sexual addictions. The presentation will be experiential and didactic.

OBJECTIVES

- Participants will experience a systemic model of addiction origins and maintenance through cases and sculpting
- Participants will be able to verbalize the definition of sexual addiction and differentiate sexual addiction from other diagnoses
- Participants will explore the cultural context of sexual activity in general and sexual addiction specifically as it exists in our communities today
- Participants will be able to use 12-step activities specific to recovery for sexual addicts
- Participants will be able to define "bottom line behaviors" for sexual addicts when complete abstinence is not appropriate, or when defining the behaviors seems elusive
- Participants will be able to establish relapse prevention programs for sexual addicts

Karen T. Cimini, Ph.D. has presented on sexuality, sexual addictions and gender identity for 20 years nationally and locally. She has been an adjunct professor at 4 universities for graduate studies. She is published in several professional journals. Dr. Cimini is known for her well-researched, low tech, high-energy workshops. Humor and experiential activities are the keystone of her teaching techniques. Dr. Cimini has been a psychologist, sex therapist and management member of Akron Family Institute for the past 20 years.

Family Institute, Inc.

3469 Fortuna Drive; Akron, Ohio 44312 ph: (330) 644-3469 **Akron** fax: (330) 644-8519