

KeyStone ECU Weekend Presentation Synopsis (2014)

Legend:

R=Appropriate for referrals

C=For CEU credit

G=General Session

K=Keynote

P=For partners, couples, spouses

B=Back to basics

Growing Up Sexual: Mixed Messages & Confusion K, C

Besty Crane, Ph.D

Children grow up with very mixed messages around sexuality. Surrounded by sexual references in music, TV, and films, they seldom have anyone they can talk with to sort it out. “No talk” rules apply at home, school, houses of worship. Adults who are not comfortable educating children about sex may not respond well to childhood masturbation or sexual play. In this interactive workshop Dr. Betsy Crane will discuss normal healthy sexual development, as well as the challenges, drawing upon questions and experiences of participants.

A Gentle Path through the Twelve Principles: Living the Values behind the Steps: G, R, C

The exploration of a book written by Patrick Carnes, PhD.

Sandi Maddock, LCSW, CSAT, S-PSB

Step 12 states, “Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics (your addiction), and to practice these principles in all our affairs.” The question is often asked how we do this. Using these principles in ALL our affairs is a pretty tall order. How does someone begin to break this down? Patrick Carnes wrote a book in 2012 that explores this issue. He has taken each of the 12 steps and connected a principle with that step. These include, 1. Acceptance, 2. Awareness, 3. Spirituality, 4. Responsibility, 5. Openness, 6. Honesty, 7. Courage, 8. Commitment, 9. Responsiveness, 10. Trust, 11. Meaning, and 12. Generativity. In this 2 part workshop, each of these principles will be explored and each participant will have the opportunity to plug these concepts into their lives and identify their own areas of growth. Some of these principles will come easily for some and more difficult for others. What may already be incorporated in one person’s life may be an area of growth for someone else. This will be an experiential workshop where participants will be asked to **full** explore their feelings and beliefs and share them. You will leave this workshop with an **understanding** of the 12 Principles and how they will begin to be useful in your life.

The Making of a Sex Addict: A Family Affair, P, R, C

Michael Morton, LMFT, CSAT-C

The making of a sex addict is a complex process and progressive experience incorporating our mental, spiritual, biological self, family, culture, religious beliefs, work environments and other addictions that may be present. The premise of this workshop is all addiction is relational and

impairs the individual as well as all systems and significant others who enter into or are connected to the sex addict. We will explore the course of sex addiction through the lifespan and implications for intervention, and recovery for the individual, couples and family.

When Sparks Fly: The Neurobiology of Love, Sex, and Addiction G

Erica Sarr, Psy.D M.Ed, BCB

Our brain speaks a language of chemicals and electricity. Over decades of study, we have gained understanding on how various substances affect and manipulate these systems for the gains of improved mental health or the terrible losses of addiction. Researchers have now been examining the effects of behavioral addictions (sex, gambling, etc.) on the brain as well. This workshop will present a broad overview of what goes on in our brains during sex, when we fall in love, and how these systems get abused.

Relapse and Effect on Spouses: Changing Bottom Lines G, P

Amy Bloom, LICSW, CSAT

My name is Amy Bloom. I am a clinical social worker from Bryn Mawr College and started working with addictions in 1996. I have worked in a number of specialties in addiction such as eating disorders and alcoholism. I went to the International Institute for Trauma and Addiction Professionals two years after seeing Dr. Patrick Carnes present in Santa Fe, NM at a conference called Stress in the Family. I did not know it was specifically about sex addiction but after days at the conference I realized that sex addiction and/or sexually compulsive activities were going on all around me from my circle of friends with young children to the clients who I was working with. Although all addictions have a huge effect on the spouses, sex addiction completely alter's the relationship in most cases. In my presentation I am going to speak about self-preservation and keeping bottom lines appropriate to each situation. The importance of seeing each couple as it's own identity is extremely important. I will present case studies of couple's who are currently engaged in treatment. What I've seen in my practice has been the inability for the spouse of the sex addict to put her/himself as a priority and allowing for the addiction to continue with little consequence. I will help to identify issues that may come up when going forward with staying together, separation and/or divorce.

Wasted Treatment Days B,R

Bernard Farley and Milton Myers

This presentation will focus on helping people stay and/or get back on the right track of treatment. We will talk about things that people use or say to distract them from fully being mentally in Keystone. We will talk about: addiction, entitlement, days spent, money spent. We will then tell a story about the average days people can waste on the wrong things. There will be two mental illustrations on how the addiction takes over, and if an addict in recovery doesn't use these tools, he can be in trouble.

Spirit-You-Reality B

Bernard Farley

Recovery: working the program, and sobriety are all about spirituality. What are the ingredients that make up spiritual living? People places and things that help us live a life of happiness,

joyousness, and freedom from addictive living? H.O.W. is the way the program works. Recovery is our spiritual quest, with many creative and inspired activities and avocations! How wonderful to be a human being and enjoying peace of mind.

Exploring the impact of shame on empathy and accountability

G, R, C

Mary Deitch, JD, Psy.D and Erica Sarr Psy.D, M.Ed, BCB

Clients who enter long term treatment for sexual addiction commonly struggle with underlying shame surrounding their behaviors and an inability to “see outside” themselves due to this shame. Helping clients understand how to turn unhealthy shame into a more healthy guilt is a major goal of treatment. Participants will be given the basics of shame, shame reduction/resilience, empathy building and practicing accountability. Participants will be given examples of common assignments used to help clients begin to look outward and practice healthy accountability and shame reduction. These assignments are beneficial for relapse prevention.

Trauma-Informed Art Therapy G, R, C

Judith Curcio, AT, MA

Art Therapy plays an important role in helping the person with addictions process trauma, and this presentation will explain how Trauma-Informed Art Therapy provides a safe place to heal from trauma.

There will be a short PowerPoint presentation that will include examples of patient artwork to illustrate how the process works.

We will also have an experiential piece which will involve a meditation to find sanctuary, and time for each person to make their own image of a Safe Place.

Psychodrama, G, R, C

Nancy Willis, CP, LSW

The ECU has been in existence for twenty years, and has seen growth and losses, development and change. In this experiential workshop, participants will identify something in their last twenty years of life (a situation, relationships, feeling, way of thinking, etc) that they are ready to surrender.

A drama will unfold to create a way to let go of whatever it is. How do we pay tribute to what is being released and recognize how it has served its purpose? As we say goodbye to the old, we identify now what we are ready to invite into our lives.

Psychodrama is a group therapy process where an issue is dramatized in order to explore feelings, gain new insights and practice new behavior. Playing a role for a protagonist, or witnessing the action, can open up ways of identifying for all of the participants. Attendees are given as opportunity to share connections they felt during the enactment.

Boundaries and Stress Management: Recovery and the Family, P, R, C

Lucienne Lunn, JD, Psy.D

Sexual Addiction entails the ultimate betrayal of confidence, eroding a family's capacity for trust-based dialogue and open communication. Within family and couple's relationships, addiction creates major barriers to intimacy and genuine connection with others, many of which are inherited from previous generations. We will address the maladaptive interaction styles experienced in systems where one or more individuals are struggling with addiction, and demonstrate how appropriate limit-setting and the validation of family institutions can contribute to healthier communication. "The Feedback Loop" and other critical tools for the diffusion of emotional reactivity will be explored for their utility in fostering effective listening skills and more direct exchanges of ideas between family members.

The Dance of Dysfunction and Codependency: How to Change the Tune and Start a New Dance G

Candice Post, MA, and Meghann Moragne El, JD, MA

The hallmark of codependency involves having thoughts and behaviors that revolve around someone or something else outside of us, often to the detriment of our own well-being. By focusing on always helping others and making them happy, we often neglect our own needs and fail to nurture a caring relationship with ourselves. This often takes the form of meeting another person's needs over our own and reacting to other's thoughts and feelings instead of acknowledging and valuing our own thoughts and feelings. Eventually, we begin relying on another person to regulate our self-esteem and bolster our sense of self-worth. Our sense of being eventually becomes shaped and defined through the eyes of another (typically our partner's). Those who are codependent often feel that they are in a dysfunctional dance with significant others in their lives that quashes their sense of autonomy and power in relationships and leaves them feeling frustrated yet stuck in their situation. Participants in this workshop will gain an understanding of what codependency is and what keeps people stuck in their "dysfunctional dance." The prevalence of codependency in addiction will be explored, and participants will gain an awareness of the common signs of codependency and how it manifests in relationships and is maintained over time. Last, characteristics of codependency will be contrasted with the concepts of independence and interdependence, and we will discuss ways in which people can move towards establishing healthier dynamics and boundaries and changing up their old dance tunes!

Incorporating the First Step into Daily Life and the Empowerment of 12-step Meetings B, R

Paul Greway, Intake Coordinator Keystone ECU

This will be an interactive workshop that will focus on the 12 steps of recovery and in particular step one. This workshop will demonstrate the basics of the first step, and how 12 step meetings empower recovering addicts to reduce shame, continue to gain self acceptance, and how the group can work towards a common goal while having fun.

Schema-Focused Therapy and Its Use at the ECU: An Overview **R, C, G**

Tanisha M. Ranger, Psy.D, CSAT, CMAT

This workshop offers a brief explanation of what schema-focused therapy is and how we use it at the ECU. Participants will gain an understanding of schema focused therapy and why it is useful in the treatment of sexual addiction. There will be an opportunity to answer and score the Yong Schema Questionnaire and learn about the 18 known early maladaptive schemas (and which ones you have!). Participants will learn to integrate schema into their work with clients.

Presentation: Discovering the Selves Within; a Compassionate Way to Understand Yourself and your Partner. **G, P, R**

Marty Simpson Revell, LMFT, CSAT, CDWF Candidate

Sex Addiction is an intimacy disorder and intimacy (or lack of it) occurs on several levels; self intimacy, intimacy with friends, family members and romantic partners. Helping addicts and partners know and understand themselves (self intimacy) is a necessary first step to creating intimacy in other relationships, for how can you share yourself authentically with another if you don't understand yourself? Creating an inner witness (Aware Ego) is an essential component of recovery work for addicts and their partners and a central task in this intervention. This experiential presentation will offer a demonstration group in voice dialog, a technique that helps participants clarify Primary and Disowned parts of Self with mindful awareness. Participants will see a demonstration of Voice Dialog technique in a group setting. Participants will explore Primary Selves learning they were survival skills in childhood. Participants will explore Disowned selves, use them to develop recovery steps. Presenter will assist participants in cultivating an Inner witness to all parts of Self leading to greater integration and the opportunity it offers to make more balanced life choices.

Tools for the Tool Belt in the Journey of Couple's Recovery: **G, R, P**

Nina M. Laltrello, LMFT, CCAADC, CSAT-S, CMAT

This breakout session will be aimed at couple's recovery.

Marriage is difficult, much less building back after betrayal. Tools and techniques helpful for couples to gain ground in the trek to enriched marital health in the aftermath of marital betrayals will be the focus. Specific focus will be on creating a new shared reality of the relationship by history and creating a shared vision for the future. Additional strategies and techniques for communication in the repair process will be offered. While it would be best to attend with your partner, it is not mandatory and benefit could be gained without your partner's attendance.

Adult ADHD, Unpleasant Emotions, Mindfulness, and Hypersexual Behavior **G, R**

RORY C. REID, Ph.D., LCSW

Nearly 25% of hypersexual men also have adult ADHD and a substantial number of others struggle with managing difficult emotions such as shame, loneliness, boredom, and rejection. This workshop will offer pragmatic suggestions about how to cope and manage symptoms of ADHD and emotional dysregulation such as is common among individuals with bipolar disorder. Dr. Reid will discuss why individuals with these issues may be vulnerable to developing hypersexuality based on his clinical experience and over a decade of research. Moreover, this

workshop will offer participants some ways to address problems with managing emotions, stress, and symptoms of ADHD using principles of mindfulness meditation.

RECOVERY: THE DEVELOPMENTAL JOURNEY, K,

Mavis Humes Baird, CADC, CMAT-S, CSAT-S, ICADC

An exploration of how The Basics create our foundation for recovery and healing and help us to grow from surrender to restoration and awakening in advanced recovery.

We receive guidance on which tools are which, how to know which ones to use in what order for each situation, how to use them, and what kinds of results we can come to expect from each one.

Mavis presents a power-pack of Recovery Tools.

Audience volunteer participation.

CREATING GROWTH IN RECOVERY, G, R

Mavis Humes Baird, CADC, CMAT-S, CSAT-S, ICADC

Join Mavis for an exploration of the four-fold nature of recovery from addiction.

Physical/Behavioral

Mental/Thinking

Emotional/Feelings

Spiritual/Connections

Together, we will look at the symptoms of addiction to help us discover the symptoms of our recovery. We will identify the kinds of experiences and actions that best support our behavioral, mental, emotional and spiritual growth.

Explore examples of our choosing during the workshop.

Re-envisioning Masculinity: Acknowledging Challenges and Creating Change in Men's Lives, G, R

Robert Heasley, Ph.D, CMFT

From birth boys receive not only messages, but treatment by others that can affect their life-long relationships. The language infant boys hear, the amount and type of touch they receive, and the messages they encounter about “being a boy” can be a set-up for shutting down male’s innate capacity for emotional intimacy and self-awareness. The saying “He is such a boy” comes with mixed meanings - on the one hand suggesting qualities that can be seen as spirited and playful, while on the other hand being seen as rough, tough, and out-of-touch – qualities that may be perceived as requiring discipline and punishment or being “left alone” so boys will learn to fend for themselves. The effect can leave many males with feelings of shame, guilt, inadequacy and isolation. Along with this often comes a struggle to experience emotional intimacy in our relationships. This interactive workshop for men and women, draws on the experiences of boys and men that create both baggage for men to unload and strengths to draw on for creating emotionally connected lives.

Intimate Treason, Partners only

Cara Tripodi, LCSW, CSAT

For Partners only. Join Cara as she works with Partners on their specific issues. This workshop will be based on Cara's book *Intimate Treason: Healing the Trauma for Partners Confronting Sex Addiction* (2012). co-authored with Claudia Black.

