

## Weekend Presentations Synopsis

**Dr. Mark Laaser Friday Keynote:** *Taking Every Thought Captive*...an historical perspective from 26 years in the field": Essential to our ability to recover is our ability to deal with the preoccupation stage of the sex addiction cycle. Based on personal and professional experience, Dr. Mark Laaser will discuss various approaches to controlling our thought life.

**Sonnee D. Weedn, Ph.D Saturday Keynote:** *Spiritual Development for Recovering People* Spiritual awakening is prescribed as a fundamental goal of recovery from all addictive illness, including sex addiction. While many people find hope and solace in their religious practice, many others have never been exposed to a religious/spiritual path, have been uninspired by their experiences with formal religion, or have been actively hurt in some way by the religion they were taught to practice. This problem proves a hindrance for many people seeking help for their addiction, but uncertain about or "put off" by the emphasis in 12 Step programs on the notion of a Higher Power. As a result, there is a need for an understanding of how to live a spiritually inspired life that may or may not include the practice of a particular religious faith. Dr. Weedn will present a coherent and varied plan for addressing the spiritual needs of clients who would welcome a non-dogmatic approach to spirituality. Participants will have an opportunity to experience a variety of possible approaches to helping clients define and pursue their own spiritual path.

**Paul Greway, Bernie Farley and Milton Myers:** *The Three Kings:* A back to basics workshop on the recovery process utilizing the HOW concept of a 12-step recovery program. This workshop will be presented by the Three Kings of recovery...Paul Milton and Bernie... who will present the Three Gifts of Honesty, Open-mindedness and Willingness.

**Michael Morton and Karen Martin:** *In Quest of the Mythical Other:* This workshop focuses on issues of intimacy. The struggle in life of being joined and separate from others begins at birth and continues throughout the life span. Addiction is often referred to as a relationship illness. Many addicted individuals have conflict with maintaining a sense of their true selves, particularly when they engage in intimate and involved relationships. How does one as a sober person navigate being in relationships? We will explore the world of recovery, spirituality and family relationships as they relate to healthy intimacy..

**Tanisha Ranger and Megan Velo-Zorzi:** *The Joys and Perils of Sober Dating:* It often seems as if we only care about individuals in recovery from sex addiction who have spouses and long-term partners. So much of our conversation is devoted to maintaining and salvaging those relationships. But what about the singles?? What do single sex addicts do once they've completed their 90-in-90 and dutifully waited a

WHOLE YEAR as keystone recommends? Where is the guidance, you ask? How do I DO this?!?! Okay, calm down, we're doing it! This workshop is about dating in recovery and, oh yes, questions will be answered! (Likely with more questions) Join us for a discussion about how to date, who to date, when to date, where to date, why to date, and what to date. Okay, not that last one.

**Judith Curcio:** *Art Therapy:* Please join us for a short slide show of artwork that has been created at the ECU, images that illustrate the journey that began when that first step toward recovery was taken. You will be invited to add to the gallery, by engaging in an experiential art therapy exercise creating imagery that represents your personal journey to recovery. This will be a fun, creative way to illustrate your unique path, while continuing to learn and grow by connecting and sharing with others.

**Nancy Willis:** *Psychodrama:* This psychodrama workshop will employ guided action to examine issues raised by the group. We will explore the nature of different types of relationships, and how to speak the truth and stand in power. It is helpful to know what our expectations, wishes and judgments are—so that we can express feelings, needs and wants without judgments or expectations. Psychodrama provides a safe, supportive environment in which to practice more effective roles and behaviors.

**Mary Deitch:** *Shame Reduction.* Shame is that tricky emotion that will take you under in your relationships, communications, work and recovery if you are not working on it and watching it carefully. This workshop will be a refresher from some of the work done at the ECU but also incorporate new ideas to help work through some tougher issues.

**James Tscherne and Erica Sarr,** *Recovery in the Age of Technology:* In this ever changing climate of globalization, coming face-to-face with technology is inevitable. As an individual committed to sobriety it can be difficult to navigate what role technology will play in your recovery. For example, parents who are concerned about their children's Internet use may need to use a computer to monitor the sites that are frequented. This responsibility may need to be placed on the sex addict's partner, leading to increased stress and responsibility which can tax a marriage. Pressing questions such as this one and the latest developments in technology that can interfere with recovery will be addressed. An emphasis will also be placed on how individuals and their partners can anticipate these pitfalls and fortify their recovery with concrete intervention strategies.

**Crystal Heath and Paul Greway,** *ECU Jeopardy.* Extended Care Unit (ECU) Jeopardy is an interactive and refresher presentation on relapse prevention skills. This presentation will discuss several principles to help you manage your day-to-day life and recovery. If you are struggling in your recovery and/or have challenges, this presentation will help you.

**Felice Schwartz, MA**, *Healthy Sexuality*. Understanding your underlying thoughts and messages about sexuality is important to learning how to incorporate healthy sexuality into your life. This workshop will help you uncover and recognize old messages of sexuality and learn new ways of thinking about sexuality.

**Frank McKeefrey and Khaled Ashraf**, *Life Beyond the walls*, Frank and Khaled team up to discuss coping with life after early recovery. Join them in learning how to keep things fresh and break the monotony. They will also discuss making relationships outside of the 12-step circle.

### **The Emotional Body**

In recovery we learn to face, understand, accept and appreciate all our of emotions. Showing our feelings the care and understanding they need and deserve unlocks keys to self-wisdom.

Come explore Feelings and how they are experienced in the body, how thoughts affect and are affected by our emotions, the role of emotions and body awareness in impulses and impulse control, our survival instincts and stress and how they affect our emotions, and how their restoration allows them to reveal their important spiritual purpose.

Try a feelings awareness exercise and a feelings inventory exercise. Audience volunteer participation.