I. What is sex addiction? (3-6% of population compared to alcohol of 5.55%)
   A. Development: FOO (abuse, escape)
      1. Addiction interaction
   B. Risk factors
      1. Addiction in family
      2. Other psychopathology
         a) ADHD
         b) Mood disorders
         c) OCD
         d) Personality disorders
   C. Role of pornography
      1. Voon study
      2. Kühn study
      3. NIH
      4. Barna study
      5. Sun study
      6. Braithwaite study
   D. Progression of sex addiction
   E. Diagnosing sex addiction
      1. Polyamorous?
      2. Diagnostic criteria similar to drug abuse
      3. PATHOS
4. 2 question assessment

II. Couples
   A. The great divide
   B. Trauma vs. coaddiction model

III. Couples Restoration
   A. Him (boundaries, sobriety)
   B. Her (boundaries, trauma)
   C. Couple
      1. Trust
         a) Disclosure
         b) Polygraph
         c) Three-Day Intensives
      2. Rebuilding intimacy
         a) Emotionally, spiritually
         b) Amends
      3. Healthy sexuality

D. Couples Celebration Retreats
   1. Opportunity for them to be with people “like them”
   2. Couple’s work
   3. Gender specific work
   4. Recreation and team building (rafting, rodeo, helicopter tour, hot air ballooning, etc.)
   5. Informal Q&A (seemed to like this a lot)
   6. Importance of everything being first class (took over whole world-class inn). Top chef, including one evening with hors d’oeuvres with white glove service.
I. Additional Resources
   a. I Can Stop (www.icanstop.com) Streaming video recovery course for sex addicts
   b. I Must Heal (www.imustheal.com) Streaming video recovery course for partners
   c. Couples Recovery Kit (www.couplesrecoverykit.com) Contains both of the courses above in DVD sets, books: Thirty Days to Hope & Freedom, two copies of Stop Sex Addiction, and more than 70 downloadable worksheets. Significant discount over individual prices.

www.StopSexAddiction.com
Studies cited:


