

Sexual Compulsivity Workshop for Men

3-Day Intensive Educational and Experiential Workshop

Friday Evening through Sunday Afternoon

Celebrating 8 years of service

Sexual Addiction and Compulsivity is a progressive disease that consumes lives, demolishes relationships, and robs people of self-respect and wholeness. It is not a depravity. Sexually addictive behaviors take many forms, all of which take up a great deal of time, energy, money, work, and life productivity. Sexual Addiction may even have devastating legal consequences. Whatever the form, those who suffer can recover.

The Sexual Compulsivity Workshop is a psycho-educational and experiential workshop designed to promote change in the lives of sexually addicted and compulsive men.

The workshop addresses the obsessive thinking and compulsivity of sexual addiction. You will explore the cycles of addiction, shame, self-loathing, and powerlessness. This workshop will help you to develop self-acceptance and self-empowerment to end the cycle of shame and pain.

You will leave with specific tools to support your recovery and prepared to begin your journey towards psychological and spiritual recovery and well being.

There is no quick fix for sexual addiction, but this intensive workshop provides a "**Jump Start**" for those new to recovery or a refresher for those struggling with recovery. This workshop draws on the latest research by pioneers, leaders, and respected practitioners in sexual addiction and compulsivity.

Workshop Goals

- recognize the origins of the addiction
- explore sexual behavior with understanding, compassion, and without judgment
- recognize how sex has functioned in your life
- uncover barriers to intimacy
- reconnect to sexual self, authentic self, and spiritual self
- understand the principles of recovery
- acquire tools for living free from addiction
- develop a long-term recovery plan
- introduce the 12 Step Philosophy crucial to maintaining recovery
- identify co-existing dependencies and relapse triggers

You may have a problem with sexual compulsion if...

too much sex is not enough

you are tormented by shame, guilt, risk, and fear over your sex life

you are unable to stop compulsive sexual behavior

you use sex to cope with feelings, to escape, to adjust your mood, as an identity, or to fulfill unmet needs

sex detaches you from others rather than connecting you to others

you swing from sexual excess to sexual anorexia



Dr. Michael Johnson facilitates this workshop. He is a member of Society for the Advancement of Sexual Health and has been practicing for more than 25 years.

**For workshop details see
www.sexual-addict.com**

2008-2009 Dates

November 14-16, 2008

March 6-8, 2009

Presented by Insight Coaching, LLC

For enrollment or further information please call Dr. A. Michael Johnson at 512 928 4357, email doctor@sexual-addict.com, or see www.sexual-addict.com/workshops-men.htm.

Tuition is \$850. Room and meals are not included.