

Men's Sex Addiction Therapy Group
Facilitated by Dr. Jeff Feathergill, Psy.D., HSPP

A challenge for Men in the 21st Century:

The Internet has made it much easier for individuals to anonymously access addictive sexual content. Our culture provides plenty of services for people to feed their sexual addiction.

Sexual addiction can be defined as any sexually-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment.

How does someone know if they are addicted to sex? The main indication is whether a person is using sex to medicate feelings of anxiety, pain, loneliness, stress, or disappointment. Instead of facing pain, a sex addict develops a pattern of numbing himself with false images of being accepted, affirmed, or receiving affection.

The main issue of sexually compulsive behavior is not the need for sex, rather, it is to control and avoid relational pain. This is similar to how an alcoholic or drug addict uses alcohol or drugs to avoid their pain.

Signs and Symptoms of Sexual Addiction

- A lack of control over the behavior, despite negative financial, health, social, and emotional consequences
- Using compulsive sexual behavior as an escape from other problems; loneliness, depression, or anxiety
- Compulsive masturbation that interferes with normal activities or responsibilities
- Multiple sexual partners or extramarital affairs
- Anonymous sexual partners: daily ads or the use of prostitutes
- Consistent use of pornography
- Unsafe sex: continuing to engage in risky sexual behavior despite serious consequences, such as STD's
- Excessive phone or computer sex
- Exhibitionism, Voyeurism, or Stalking
- Complaints by others of sexual harassment
- Engaging in types of sexual behavior that you would not have considered acceptable
- Anxiety about the secrecy and being discovered

The Men's Sex Addiction Therapy group offers a place to break out of isolation and shame, and to learn and practice healthy intimacy skills of support and accountability. This community of men focuses on support and accountability and is a forum for learning how to develop healthy relationships.

(Over)

GOALS AND OBJECTIVES

Sex Addiction is essentially an intimacy disorder that results in cycles of avoidance, acting out, and deep shame. Treatment is focused upon gaining understanding of one's own struggle with intimacy and reliance on sexually addictive behaviors, and discovering health and healing in one's relationship with others. Therapy typically includes the integration of faith and spirituality, regardless of one's religious affiliation.

Topics Covered:

- How sex addiction makes life unmanageable.
- Negative consequences of Sex Addiction
- Understanding the addictive cycle
- Healthy Self-care
- Relapse Prevention
- Family of Origins of Addictions
- Accountability to others in group
- Forgiving and Making Amends
- How to respond to change and crisis
- How to manage life without unhealthy behaviors
- How spirituality and recovery are interwoven

GROUP INFORMATION

This group is designed for: Men, ages 18 and over, who are ready to address sexual addiction in their lives. Recovery is achieved through becoming accountable to other men and choosing to live one's life without the destructive behaviors. Recovery begins by realizing our powerlessness to stop the behavior by ourselves.

A typical meeting consists of a combination of "checking in," focused teaching, sharing struggles, and processing weekly assigned work from "Facing the Shadow" workbook (or other handouts) and a time of discussing whatever issues group members may be facing. Throughout the group, each man will have the opportunity to share his story, his struggle, and seek support from other group members.

Individual Evaluation: You will need to schedule an individual intake session with Dr. Jeff Feathergill. In the session you will determine together if you will be eligible for group therapy and if the existing group would be a good fit for you. It is also an opportunity for you to ask questions about the group and for the counselor to hear your story. The intake session cost is \$180.00, which may be covered by insurance.

Group Fee: The group sessions are \$50.00, which may be covered by insurance.

Please call Dr. Jeff Feathergill at **(574) 282-1090**, extension 2 to inquire about vacancies in each group. **Open spots are limited.**