

## Is Sexual Addiction A Problem?

This screening survey was developed through the testing of thousands of sexual addicts.

An answer of 'yes' to three or more of the following questions suggests that sexual addiction may be present.

YES NO Has there been a recurrent failure to resist sexual impulses in order to engage in a specific sexual behavior?

YES NO Have you frequently engaged in those behaviors to a greater extent or over longer periods of time than intended?

YES NO Have you made unsuccessful efforts to stop, reduce or control those behaviors?

YES NO Have you spent inordinate amounts of time obtaining sex, being sexual or recovering from sexual experiences?

YES NO Are you frequently preoccupied with sexual behavior or preparatory activity?

YES NO Have you frequently engaged in sexual behavior when expected to fulfill other obligations related to job, school, family or friends?

YES NO Have you continued a specific sexual behavior despite knowledge of risk to career, finances, health or relationships?

YES NO Have you needed increased intensity, frequency, or level of risk to achieve the desired effect from a sexual behavior?

YES NO Have you limited or missed social, recreational or occupational activities because of sexual behavior?

YES NO Have you ever been arrested for a sex offense?

## One Day Workshop

### Setting the Prisoner Free: Getting Information and Help for Sexual Addiction



**January 16, 2010**

**8:30 a.m. – 4:00 p.m.**

#### SCHEDULE

8:30 a.m.	Registration
9:00 a.m.	Welcome and Invocation
9:15 a.m.	<b>The Making of a Sex Addict: What Science is Telling Us</b> <i>Speaker: Cynthia Power</i>
10:00 a.m.	Break
10:15 a.m.	<b>The Stages of Recovery for the Addict and Co-addict</b> <i>Speaker: David Rennard</i>
11:00 a.m.	Break
11:15 a.m.	<b>Deceit and Denial</b> <i>Speaker: Francoise Mastroianni</i>
12:00	Lunch
1:15 p.m.	<b>Resource Presentation</b> <i>(Print, Web, Support Groups)</i>
1:30 p.m.	<b>Testimonial</b>
2:15 & 3:15 p.m.	<b>Afternoon Workshops</b> (attend 2) -Trauma and Recovery -Tools for Staying Sober -Cybering, Sexting and <i>Twittering in Today's World</i> -Co-Dependency/Co-Addiction
4:00 p.m.	<b>Ending/Evaluation</b>

## Cynthia Power LCPC, CST, CAS, CSAT-S CCGC, CPCGC



Cindy received her MA in psychology from Indiana State University and is a Licensed Clinical Professional Counselor. Cynthia specializes in the treatment of Process/Behavioral Addictions and is a Supervisor of therapists who are training to become certified sex/multiple addictions therapists.

## Rev. David Rennard LCSW, CSAT



David is a Licensed Clinical Social Worker and an Ordained Minister of the United Church of Christ. He is certified as a Sexual Addictions Therapist and practices psychotherapy in Glen Ellyn and Sycamore.

## Francoise Mastroianni LCPC, CADC, CEDA, CCSAT.



Francoise specializes in Process/Behavioral Addictions. She has national certification in the areas of Sexual Addiction, Drug/Alcohol Abuse, and Eating Disorders. She is a level two trained EMDR specialist working with trauma victims and Post Traumatic Stress Disorders.

## Sheila Wakely LCPC, CADC, CEDS, MISA I



Sheila provides counseling in the areas of Addiction, Eating Disorders, Conflict Resolution, Dual Diagnosis and Post-Traumatic Stress Disorders. She is a level two trained EMDR specialist working with trauma victims.

## REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Registration fee for the workshop is \$25.00 per person. Please complete this form and return with payment to:

Aspen Counseling Services  
460 N. Main Street, Suite 205  
Glen Ellyn, Il. 60137

Make check payable to: *Aspen Counseling Services*

For further information, please contact  
David Rennard @ 708-769-1509

### Afternoon Workshops

Please select two of the following:

#### **Cybering, Sexting and Twittering in today's world**

Speaker: Cynthia Power

#### **Co-dependence and Co-addiction**

Speaker: Sheila Wakely

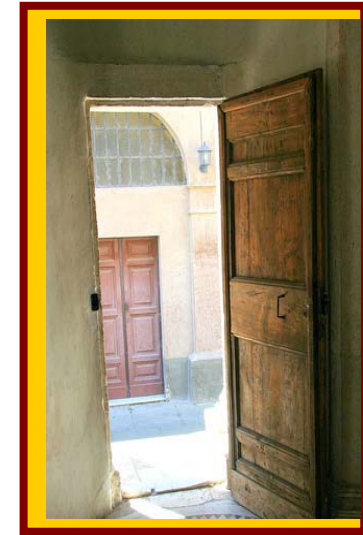
#### **Trauma and Recovery**

Speaker: Francoise Mastroianni

#### **Tools for Staying Sober**

Speaker: David Rennard

Aspen Counseling Services  
460 N Main St.  
Suite 205  
Glen Ellyn, IL 60137



## **SETTING THE PRISONER FREE**

Getting Information and Help  
for Sexual Addiction

**Saturday, January 16, 2010**  
**8:30 a.m. – 4:00 p.m.**  
**Blanchard Alliance Church**  
**1766 S. Blanchard St.**  
**Wheaton, IL**

*Millions of people suffer from the assault of sexual addiction. These men and women are in your church, in your workplace, perhaps in your home. A recent survey by Christianity Today showed that 2/3 of Christian men and 40% of Christian pastors admit to struggling with internet pornography. This is a silent struggle, bringing incredible shame, despair and alienation to its victims.*