



Understanding Process Addictions – An Insight into Addictive Behaviours

Steve Stokes, Training and Program Development Manager, SPP

These are exciting times in the treatment and recovery field! Now, more than ever, the ongoing research into the neurobiology of addiction is offering the recovery community and treatment practitioners new and astounding insights. We are seeing science catch up with the experience of treatment.

For years, the 12 steps of Alcoholics Anonymous have been adapted to address process addictions such as gambling, work addiction, overeating, and sex addiction. In treatment we have been using the same therapy programs, (including group therapy) concepts of abstinence-based treatment and relapse prevention programs to address these issues with good success, all while the psychiatric community continues to debate whether these observable symptoms rate as an addiction diagnosis.

It is now widely accepted that alcohol and drug addiction is seen as a disease of the brain. Research is confirming that process addictions actually stimulate the same parts of the brain as substance addictions do. The motivation reward system which releases dopamine, the impulse control system which releases serotonin, and our affect regulation system, which is triggered in response to substance addictions, are also seen to be activated in these process addictions. As research continues to generate this kind of data, it confirms the treatment approach and pathways long used in treatment facilities such as SPP.

Gambling is the only process addiction to be officially accepted as an addiction diagnosis in the professional diagnostic manuals, which is a step forward, although there is still a long way to go.

continued...

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“ It is now widely accepted that alcohol and drug addiction is seen as a disease of the brain. ”

Our program at SPP is based on the Developmental Immaturity Model, as it comprehensively addresses the underlying core issues, developed in childhood, that provide the momentum for addictions, including both substance and process addictions. Screening and treatment for process addictions is a routine aspect of the treatment program.

A client's "Journey of Recovery" at SPP starts in Primary Group, where, with their therapist, they develop a treatment plan that will begin with taking an honest look at the powerlessness that has developed over time in regards to their problematic activity, and exploring the unmanageability that is observable in relation to family, work, health, legal issues etc. This is called "taking the first step". With this new understanding of their own experience with a substance or behaviour, then the client can themselves identify whether they think they are an addict or not.

In N.A. they state that the H.O.W. of Recovery are "Spiritual Principles that are indispensable." The word indispensable has grown on me over the years. The simplicity of its meaning and yet by definition the disaster that occurs if we are unable to heed its warning. The dictionary defines indispensable as:

1. Not to be dispensed with; **essential**.
2. Obligatory; **unavoidable**.

For any clients addressing process addictions these principles hold true. Once a client completes a first step, presents it, identifies that they are an addict, and starts to abstain from the behaviour, then they will experience a detox, as the brain learns to function without the process.

Dr Patrick Carnes, world renowned researcher and author in the field of process addictions, suggests that with the process addictions, like substance addictions, there is a recipe for Recovery, and when it is followed, true recovery can take place.



Regularly we hear in the Testimonial Ceremony just how important the experience of participating in the community is for a client...

This personal admission coincides with the professional feedback the client receives from the multidisciplinary team, including their psychiatrist, G.P. and Primary Therapist. Your peers in the therapeutic community of clients at SPP become an essential part of the observation and admission process regarding addictions. In Narcotics Anonymous (N.A.) it is stated that the "therapeutic value of one addict helping another is without parallel." Regularly we hear in the Testimonial Ceremony just how important the experience of participating in the community is for a client: being part of the treatment process by both supporting their peers, and receiving support.

At SPP we ask clients to "Trust the Process" and "Work the Program", and of course don't forget to "Follow the Rules!" In 12 step culture we ask folks to follow the H.O.W. of Recovery - To be Honest, Open and Willing.

The difficulty is always communicating to a client just how serious an issue process addictions are, and the importance of taking the recovery process seriously. After following 1000 families for seven years, Dr Carnes' view is that it takes 3 to 5 years of serious recovery to create the significant changes in the brain to support long term recovery.

The alternative? Well, he confirms that it doesn't matter whether it is sex, food, gambling or work addiction, the addiction will progress and we pay with our lives.

With SPP in it's twentieth year, we have had the opportunity to see the success that Dr Carnes references. Long term recovery from process addictions is indeed possible if we "work the program, trust the process, -and it always helps to follow the rules".

LAUNCH OF THE SPP CHILDREN'S PROGRAM



SOUTH PACIFIC PRIVATE
Australia's Leading Treatment Centre

Over the years many of you have asked if we ever intended to start a program for children and I am so pleased to announce that yes this year we are!

Children's programs are about protecting and supporting the most vulnerable. Part of our philosophy is to help families impacted by addictions and mental illness, and the best way to help these families is to get help for the children before they have their first drink.

Jerry Moe is a Director at the Betty Ford Centre and is a wonderful man who was personally selected by Betty Ford to grow and develop a program that could help children growing up in an environment where there is substance abuse. He is coming to Australia at the end of the year to train our people on how to develop and present a program for this age group.

Jerry believes that if we can educate children at this age by getting across three main points, we can help them lead healthy lives and help break the cycle of addiction. The three goals that their program impresses on the children are:

1. *It's not your fault*
2. *You are not alone*
3. *It is OK to ask for help.*

The focus is on education not therapy.

Our theme will be "Give your kids the benefit that you didn't have."

We will be welcoming all the help we can get from The Consumers and Carers Committee, Volunteers and the Alumni, or ex clients group. Groups can sponsor a child, and we need volunteers, teachers and nurses to be trained up to run the groups.

We will keep you informed of our progress and if you are at all interested in helping or know anyone who may, please call or email Tara Shaw at SPP and leave your name and details with her.

Tara Shaw
(02) 9905 3667
tshaw@southpacificprivate.com.au

Warm Regards,

Lorraine Wood
Owner and Co-Founder



Out of the Shadows: Understanding Sexual Addiction

By Patrick Carnes, Ph.D.

Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Sex addiction is arguably the addiction that has the most shame attached to it, and is also not as widely understood, or even accepted, as other addictions. Its impact on families is catastrophic, both for the addict and for the family and the lack of information and treatment options only further compounds this.

Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. It is written for professionals, as well as addicts and their families who may be seeking answers and information about this widely misunderstood condition. It's a great basic primer and provides an overview of sexual addiction in a very accessible way. It's a good mix of theory and anecdote, and the tables are so useful in explaining the core beliefs of both addicts and co-addicts, the impact that they have on their view and understanding of the world and themselves – and the behaviour that it drives. It identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency.

It is noted in the book that the sex addict very often has other addictions alongside sex (alcoholism, compulsive eating, and workaholism are typical examples) and that these may be identified first, or even seen as driving the sexual acting out. Carnes notes though that it is important to avoid these causal linkages like "my sexual behaviour was the result of my drinking", but rather to note that both addictions were present at the same time. "By blaming one addiction on another, the minimize the addiction's power. By ignoring the presence of the other addictions, you dismiss the totality of the addictive process and of your own pain"

The final sections of the book focus on Recovery and are filled with practical and step-by-step (literally – 12 of them!) tasks to assist addicts and their families on their path to healing. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Out of the Shadows was written to help the many addicts who have been afraid to admit their pain. One of the strongest bonds of addiction is its secrecy. Perhaps, with the secret broken, addicts can know the peace and self-acceptance that comes with knowing it can be talked about.

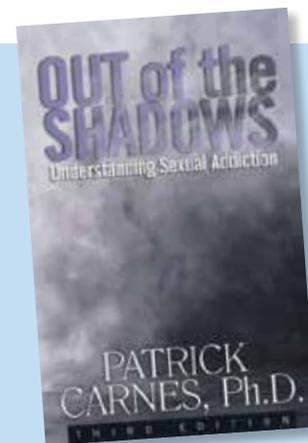
What others had to say about the book:

We recommend Partrick Carne's *Out of the Shadows*.to every sex addict and codependent we treat.. This (book provides) a tremendously powerful experience, helping both sex addicts and codependents realize that they are not alone and not destined to eternally be at the mercy of the disease.

Dr. Ralph Earle and Dr. Gregory Crow, *Lonely All the Time*

"Out of the Shadows has become a guidebook for sufferers and counselors alike."

Roda Salter, Keene Sentinel



About Patrick Carnes

Dr. Patrick Carnes is currently the Executive Director of the Gentle Path program at Pine Grove Behavioral Center in Hattiesburg, Mississippi. He is the primary architect of Gentle Path treatment programs for the treatment of sexual and addictive disorders. He also pioneered the founding of the Certified Sex Addiction Therapist program. This has evolved into a network of local, regional, and residential programs which specialize in this work.

From 1996 until 2004, Dr. Carnes was Clinical Director for Sexual Disorder Services at The Meadows in Wickenburg, Arizona. While there, he developed a therapeutic technology based on his landmark study of the recoveries of 1,000 sex addicts. This work is summarized in *Don't Call It Love*, which has been described by *The New Age Journal* as "the best book on the market about addiction and its costs and consequences."

Previously, Dr. Carnes designed the sexual dependency unit at Golden Valley Health Center in Golden Valley, Minnesota. This unit was the country's first in-patient facility for sexual addiction. Since that time, he has been instrumental in the development of treatment facilities across the country.

Dr. Patrick Carnes was awarded the distinguished Lifetime Achievement Award of the Society for the Advancement of Sexual Health (SASH). Each year, SASH (formerly known as NCSA/C) bestows a "Carnes Award" to deserving researchers and clinicians who have made outstanding contributions to the field of sexual medicine.



Jerry Moe

Jerry Moe is Vice President, National Director of Children's Programs for the Betty Ford Center. An Advisory Board Member of the National Association for Children of Alcoholics, he is internationally known as an author, lecturer, and

trainer on issues for young children from addicted families. He is featured in the documentary *Lost Childhood: Growing Up in an Alcoholic Family*, and his books include: *Kids' Power: Healing Games*

for Children of Alcoholics; *Conducting Support Groups for Elementary Children*; *Discovery... Finding the Buried Treasure*; *Kids' Power Too: Words to Grow By*; *The Children's Place... At the Heart of Recovery*; the *Beamer Series for Kids and Understanding Addiction and Recovery through a Child's Eyes*.

SPP is delighted to be hosting Jerry's visit to Sydney at the end of 2013, where he will support and train our staff through the development and launch of our new children's program.



SPP is committed to the sharing and promotion of new learning and information



Cara Crossan

Cara Crossan is a qualified and accredited addiction therapist, clinical supervisor and consultant. She has over 13 years experience working with individuals and families affected by addictions. Cara has worked in the Criminal Justice System and health care settings in the UK and Ireland. She has also trained and worked in a residential adolescent addiction treatment centre.

Cara holds a Masters Degree in Addiction Psychology and Counselling and is a qualified Hazelden trained addiction therapist. She has also trained with Dr Patrick Carnes and Dr Kenneth Adams in the United States, and is a certified sex addiction and trauma therapist, specializing in the treatment of trauma and its manifestations in sex addiction and other compulsive behaviors. Cara provides training in all areas of addiction and has helped private and charity sector organizations set up their treatment services.

In the UK, Cara had a private practice in Central London where she primarily worked with sex and love addicts and their families members. She was also a Trustee of the Associations for the Treatment of Sexual Addiction and Compulsivity (ATSAC) and remains an accredited member. ATSAC provides information and support on sex addiction and compulsivity.

Cara joins the SPP clinical team at the end of June, and we welcome the expertise and experience that she brings with her.



Alumni Workshops

Our Alumni Workshops are a great way for you to not only get an extra boost but to also connect with the broader SPP community.

Relationship Patterns: Looking at what we do in relationships

with Adriana Villar

1st April in Review

We were lucky to have Adriana Villar deliver an insightful alumni workshop on relationships in April where we explored love addiction and love avoidance and the impact both have on our relationships. A love addict becomes obsessed with a fantasy they have created about another person. A love addict is attracted to a person who is walled in and seeks to create intensity with that person, - becoming obsessed with them. A love avoidant on the other hand, systematically uses relational walls to prevent them from feeling overwhelmed by another person. The love avoidant feels compelled to take care of people who present as needy and though their walls reduce intensity within the relationship. Adriana explained that these behaviours stem from what our childhood experience was and that through understanding this we can start to improve our relationships.

Upcoming Workshop - Relationship Patterns

Relationship challenges often play a key role in relapse so learning how to relate in healthy functional ways is one of the fundamental tools of recovery.

DATE: Saturday 7th September,
8.30am – 1.00pm



Taking the SPP model into the Real World

with Steve Stokes

1st June in Review

As always, Steve Stokes delivered a humorous and thought-provoking workshop on how to translate the SPP model in the real world. Steve did not hold back in challenging alumni to 'keep it real' when navigating their way through recovery in order to heal from the impact of what first brought them to SPP's doors. The workshop revisited the model, explored the pillars of the program and looked at the current recovery issues alumni were experiencing. The group discussion showed that the thoughts, feelings, and challenges they were experiencing during recovery were often similar. This helped remind the group that recovery is a day-to-day journey for everyone and that they are not alone in their journey. Steve gave the group practical tools relating back to the model for use in their day-to-day recovery.

Upcoming Workshop -

Taking the SPP model into the Real World

An in-depth guided tour that explores the essential principles of recovery.

DATE: Saturday 7th December,
8.30am – 1.00pm



All workshops are \$50 and include morning tea. Registrations close 1 week prior to the date.

To register your interest please email registrations@southpacificprivate.com.au or phone (02) 9905 3667

Family Education & Support Group

At SPP we believe that the more informed you are, the easier it is to make decisions that will be of practical support to your friend, family member, or even yourself, in dealing with the issues associated with addiction, depression and anxiety.

Our Family Education & Support Group runs for 2 hours every Tuesday evening. Over the course of 4 weeks you will have the opportunity to:

- Learn to effectively support someone struggling with addictions or mood disorders
- Find support and discussion with other people struggling with the same problems
- Learn more about addictions and mood disorders and the underlying issues associated with these.

When: Every Tuesday, 5:00pm – 7:00pm

Cost: \$50 per Session



Have you considered Volunteering at SPP as part of your recovery?

We are looking for couple of enthusiastic people to join our team and be part of the work we do bringing recovery to people in need. Tasks are many and varied and include driving the van to twelve step meetings, helping in our new gift shop and clerical support.

For an application form please email:
volunteers@southpacificprivate.com.au



Like our Recovery page on
facebook

Like us on Facebook and keep up to date with SPP news, updates and information on upcoming programs.



Find us at:

[facebook.com/PacificRecovery](https://www.facebook.com/PacificRecovery)

Anne Naylor Gifts Artwork to SPP

You might recall that in our Autumn edition we reviewed Anne Naylor's book, "Art from Adversity", a personal story about her life with bipolar. We followed Anne's journey as she recalled the inspiration and drive she found during periods of mania that led her to create visual art, - showcased throughout the book. Part of Anne's story was the treatment she received at SPP and her passion about the importance of seeking treatment. Anne's book launch was held Saturday 4 May and was met with open arms by all who attended. We were also very lucky and honoured to receive a piece of Anne's beautiful artwork which now hangs proudly in our Intake Office. Thank you Anne for sharing your story and your art with us.



SPP NEWS

South Pacific Private to begin Upgrade & Extension

South Pacific Private is expanding in an effort to keep up with the growing demand for treatment for addictions, mental illness, trauma related, and co-existing conditions in Australia.

US data tells us that addiction treatment programs there see only a tiny sliver (1.5%) of the estimated 19.3 million persons aged 12 or older needing, but not receiving treatment for illicit drug or alcohol use. (2011 National Survey on Drug Use and Health, SAMHSA, Sept 2012).

We would suggest that the percentage of people with substance use disorders who are accessing treatment in Australia is somewhat similar.



Figures quoted by Professor Maree Teeson, at an Industry briefing at Sydney University in March 2013, show that people in Australia wait, on average, 18 years from first onset of symptoms to access treatment for an alcohol use disorder!

SPP recently increased from 37 to 41 beds in the first stage of an expansion made possible by the purchase of two adjoining properties in Sydney's Northern Beaches.

Both the increased demand for services, and the need to plan for long term financial viability of the organisation, have prompted plans to be drawn up for the expansion of the existing facility to 53 beds, with an additional Supported Living Facility for 10 people on the site.

On April 18 2013 the Warringah Council approved the plans and granted a DA and BA. These plans include upgrading the present facility to bring it in line with what is expected in a private hospital today, and will include more private and twin rooms, a gymnasium, extended recreational areas, and a roof top dining area with views over Curl Curl Beach.

SOUTH PACIFIC PRIVATE EDITORIAL

If you have suggestions, comments or would like to unsubscribe from receiving further news from South Pacific Private, then please email us at enews@southpacificprivate.com.au with your full name and address.