

**THE CHICAGO CENTER FOR SEX & WELLBEING IS EXCITED TO
ANNOUNCE THEIR**

SPRING MEN'S SEX ADDICTION INTENSIVE

June 16 - 18, 2023

Chicago, Illinois

This three day intensive is for men new to recovery who are experiencing compulsive sexual behavior that is causing disruption to their lives, as well as for men who are in active recovery who want to dig deeper and acquire additional tools to support their continued recovery.

The intensive is limited to six participants, allowing for individual attention for each man. An in-depth exploration of the origins and progression of the addictive personality, and the manifestations of sexual behavior will be closely evaluated. Significant cohesion, trust and support will be built in the group as members journey through the process together.

Our intensive weekend will utilize multiple modalities of treatment including but not limited to, somatic experiencing, psychodrama and experiential exercises to help clients immerse themselves in the process and experience the highest level of effective treatment. The program will also include art therapy and nightly activities to encourage introspection and to deepen the healing experience. Clients will participate in over 30 hours of group therapy and can expect the equivalent of 6 months of therapy in the three day period.

Participants will leave the intensive with both the foundation and the necessary ongoing recovery plan necessary for long term sobriety.

During this intensive, clients will explore:

- What sex addiction is and isn't
- The neuroscience behind addiction
- The addictive cycle, including obsessions and rituals
- Their arousal template

- Their trauma history
- How denial manifests to support the addictive behavior
- Addiction interactions
- Family-of-origin work
- Sex addiction as an intimacy disorder
- Sobriety and which behaviors trigger relapse
- Preventing relapse Building a community of support The 12 steps and why they are necessary

This three day intensive will be held in the CCSW offices in the Lincoln Square neighborhood of Chicago. Included in the cost are all assessments and required reading materials. Continental breakfast, snacks and beverages will be provided daily, as well as dinner on Saturday night. Lodgings, meals and any transportation costs are not included.

The intensive will begin each day at 8 am and end at 6 pm on Friday, 8 pm on Saturday and 5 pm on Sunday.

Cost for this intensive is \$2,950.00 . A deposit of \$1,950.00 is due at the time of registration and the remaining \$1,000.00 balance is due by June 5, 2023.

To register for this transformative experience contact Michele Day, LCSW, CSAT-S via telephone 773.251.7316 or email Michele@CCSWLtd.com to reserve your spot. Upon receiving the deposit clients will complete a thorough biopsychosocialcultural assessment in addition to a Sexual Dependency Inventory and trauma assessment.

The Spring intensive will be facilitated by sex addiction experts Michele Day, LCSW, CSAT-S and Alex Fliess, LCSW, CSAT-C, the Directors of the Chicago Center for Sex & Wellbeing.