

FOCUS-21 INFORMATION & APPLICATION PACKET

**Safe, Confidential Treatment
For Men & Women in Missions
Premier Outpatient Treatment for Sex Addiction**

Our program “Focus-21” is designed as an accessible solution for complex sexual addictions, emotional trauma, and dual diagnosis issues faced by missionary men, women, and their spouses. We know that within missions many men, women, and their spouses suffer in silence from the effects of out-of-control sexual behavior.

Focus-21

Focus-21 is designed especially for sex addicts who are full-time missionaries and whom may have trauma at the core of their issues. Focus-21 aims to treat the whole person by providing patients the most progressive and well-researched sex addiction and trauma treatment available in a cohort format that includes both the sex addict and their spouse.

Recognizing the obvious signs of sex addiction can help identify if a person has crossed the line from a normal enjoyment of sex to an addiction that needs professional assistance. Indications of problematic sexual behavior includes:

- Loss of control of behaviors
- Preoccupation with sexual acting out behaviors
- Significant adverse consequences
- Continuation despite consequences

Sex addicts while on their mission field may continue to engage in unwanted sexual behavior despite the potential risks to their ministry and family stability. Sex is part of a normal, healthy life; however, when sexual activities or thoughts become consuming or habit forming, it may have crossed the line into sex addiction.

****Pages 1-11 are Part A of this information and application packet.***

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Recovery From Sex Addiction

Sexual addicts suffer in silence. Those addicts who may be full-time Christian missionaries experience a unique guilt and shame over their behavior. The intensity of their shame in living a life they desperately wish to not be living is full of constant fear of being discovered and losing their ministry. And this shame can actually play a part in further driving the addictive cycle, using inappropriate sexual behavior to block out the very pain of their addiction. Like other forms of addiction, sex addicts are not in control and cannot stop their behaviors, no matter how self-destructive and potentially devastating the consequences may be.

Treatment

Sexual addiction isn't just a diagnosis; it's a very personal and spiritual struggle. Focus-21 is highly confidential and all-inclusive. Treatment takes place in the beautiful setting of Coeur d'Alene, Idaho. The peace and beauty of the area is the backdrop while you are developing recovery from your sexual addiction.

The Conditions Focus-21 Treats:

Sexual Compulsion - is a compulsive sexual behavior and is sometimes called hypersexuality, hypersexual disorder, nymphomania or sexual addiction. Compulsive sexual behavior may involve a commonly enjoyable sexual experience that becomes an obsession that is disruptive or harmful to you or others.

Pornography Addiction - is an addiction model of compulsive sexual activity with concurrent use of pornographic material, despite negative consequences to ones physical, mental, social, or financial well-being.

Relationship Addiction - is described as one person "loving" another person with an obsessive intensity that is not in the best interest of either party. This is sometimes referred to as love addiction.

Internet Sex Addiction - is also known as cybersex addiction, and has been proposed as a sexual addiction characterized by virtual Internet sexual activity that causes serious negative consequences to ones physical, mental, social, and/or financial well-being.

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Meet Our Therapists

Ed Dudding, CSAT® and **Laura Taylor, MSW**, both committed to the Christian faith as followers of Christ, operate independent privately licensed and certified counseling practices in Coeur d'Alene, Idaho. Laura Taylor owns Anchored Support, LLC and specializes in working with partners of sexual addicts and complex trauma as a certified EMDR therapist. Ed owns Coeur d'Alene Counseling, Inc. and specializes in working with sexual addicts and is a certified sexual addiction therapist and a certified multiple addiction therapist.

Focus-21 Program Information

PROGRAM STRUCTURE

Weekly Group Therapy	Weekly Individual Therapy
Weekly Twelve Step, S-Meetings	Completes Steps 1, 2, and 3 of the Twelve Steps
Secures a Temporary Twelve Step Sponsor	

PROGRAM COMPONENTS

The twenty-six week program includes:

All materials and assessments for addict and spouse	Twenty-six 75-minute individual therapy sessions, for addict
Twenty-six 90-minute group therapy sessions, for addict	Twelve 90-minute individual therapy sessions, for spouse
Twelve to sixteen hours of individual work per week, for addict (reading, workbooks, etc.)	Four to six hours of individual work per week, for addict-partner (reading, workbooks, etc.)
Goal: <u>180</u> days of abstinence	

PROGRAM COST

\$5,900.00 per couple

Fee covers THERAPY ONLY. This is an intensive outpatient program, not in-patient. Living arrangements during the 6-months are the responsibility of the individual couple. There are many rental companies and short-term (VRBO) rental possibilities in the area.

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Focus-21 consists of 21 tasks in which 60 sexual addiction recovery competencies are developed. The tasks and their competencies with their performables are outlined below.

Establishing-recovery task

BREAK THROUGH DENIAL

Competencies

1. Understand the characterizes of denial and self-delusion
2. Identifies presence of self-delusion in life
3. Knows personal preference patterns of thought distortion
4. Accepts confrontation

Performables

- *Create & process problem list*
- *Record & process secret keeping list*
- *Record & process excuses list*
- *Record & process consequences inventory*
- *Identifies & processes 14 distortion strategies in personal life*
- *Accountability – Victim empathy exercises*
- *Makes full disclosure to therapist*

Establishing-recovery task

UNDERSTAND THE NATURE OF SEXUAL ADDICTION

Competencies

5. Knows information on addictive illness
6. Applies information to personal and spiritual life
7. Understands sexually compulsive patterns
8. Knows specific stories and/or scenarios of arousal template

Performables

- *Completes and processes assigned readings on sex addiction*
- *Understands criteria for addictive illness, sexual addiction*
- *Applies criteria to personal behavior*
- *Understands and processes personal addictive system*
- *Understand and processes key factors in the genesis of sexual addiction*
- *Understands and processes ten basic types of sexually addicted behaviors*
- *Completes and shares (therapist, group members) sexual history*
- *Completes and processes ideal fantasy list*
- *Completes and processes fantasy contamination exercises*

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Establishing-recovery task

SURRENDERS TO PROCESS

Competencies

9. Acceptance of addiction in life
10. Knows personal limitations
11. Discerns difference between controllable and non-controllable events

Performables

- *Understands and processes context of change, grief, & commitment*
- *Understands and processes existential position on change – essence of recovery*
- *Understands and integrates principles of anxiety reduction*
- *Completes sexual addition history*
- *Completes and processes powerless exercises*
- *Completes and processes unmanageability exercises*
- *Identifies and processes ten worst moments*
- *Completes a First Step*

Establishing-recovery task

LIMITS DAMAGE FROM BEHAVIOR

Competencies

12. Integrates self-limitation into personal paradigm
13. Responds to crisis plan fully
14. Uses boundaries at a minimum level
15. Has internal skills for anxiety reduction/management
16. Develops resolve for change and commitment

Performables

- *Understands and integrates first and second order change into new personal paradigm*
- *Identifies and processes provisional beliefs*
- *Completes a damage control plan*
- *Completes a disclosure plan*
- *Completes Step 2 and Step 3*

Establishing-recovery task

ESTABLISH SOBRIETY

Competencies

17. Uses clearly stated boundaries of sobriety
18. Manages life without dysfunctional sexual behavior

Performables

- *Understands sobriety as boundary failure*
- *Creates and commits to celibacy contract*
- *Writes sobriety statement*
- *Understand relapse process*
- *Writes relapse plan*
- *Establishes a sobriety date*

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Establishing-recovery task

ENSURE PHYSICAL INTEGRITY

Competencies

19. Understand physical aspects of addiction
20. Identifies neuropathway interaction
21. Identifies dysfunctional arousal patterns

Performables

- *Understands personal physical/medical realities*
- *Learns neuropathways of addiction*
- *Maps personal neuropathway interactions*
- *Understands and maps personal arousal template*

Establishing-recovery task

CULTURE OF SUPPORT

Competencies

22. Maintains a healthy support system

Performables

- *Participates in group therapy*
- *Participates in a Twelve Step program*
- *Develops relationship with sponsor*
- *Does service in program*
- *Knows signs of a healthy group*

Sustaining-recovery task

UNDERSTAND MULTIPLE ADDICTIONS AND SOBRIETY

Competencies

23. Capacity to be relapse free from concurrent addictions

Performables

- *Complete & process assessment of all addictions and deprivations*
- *Complete & process addiction interaction*
- *Complete & process multiple addiction exercises*

Sustaining-recovery task

ACKNOWLEDGE CYCLES OF ABUSE

Competencies

24. Identify abuse and exploitation
25. Integrate understanding of abuse into value system
 1. Can cope with abusive person and situations

Performables

- *Complete & process stress index*
- *Complete & process trauma egg exercise*
- *Understand forms of abusive and exploitive behavior*
- *Complete life inventory of abuse*
- *Resentment, forgives, and meaning making strategies around abuse events*
- *Complete & process angel egg*

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Sustaining-recovery task

REDUCE SHAME

Competencies

2. Recognize and manage shame
3. Sets boundaries shaming system and situations

Performables

- *Recognizes personal shame*
- *Understand & process shame cycle*
- *Identifies carried shame*
- *Develops specific strategies for interrupting shame*
- *Knows boundary-setting strategies*

Sustaining-recovery task

RESTRUCTURE RELATIONSHIP WITH SELF

Competencies

4. Have a workable, compassionate relationship with self
5. Capacity for self-determination and autonomy

Performables

- *Completes eighteen months of individual therapy (sixty-five sessions)*
- *Understands & states personal limitations*
- *Completes mission statement and zone plan*
- *Completes Step 6 Principle exercises*

Sustaining-recovery task

GRIEVE LOSSES

Competencies

6. Recognize grief
7. Have skills for grieving

Performables

- *Understands grieving process*
- *Completes & processes timeline of losses*
- *Identifies & processes personal losses*
- *Has effective sorrow strategies*
- *Understands Twelve Steps as a process to grieve*

Sustaining-recovery task

BRING CLOSURE AND RESOLUTION, TAKING RESPONSIBILITY FOR SELF

Competencies

8. Keeps current on shame, resentment, and coupleship issues

Performables

- *Completes Step 8 & Step 9 Principle exercises*
- *Does couples weekly exercise for ten weeks, if couple*
- *Uses integrity check list*
- *Understands the importance of closure*

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Sustaining-recovery task

BUILD SUPPORTIVE PERSONAL RELATIONSHIPS

Competencies

9. Initiate and sustain enduring life relationships, on and off the field

Performables

- *Attend and participate in a therapy group for 175 hours*
- *Attend and participate in Twelve Step program*
- *Has "best" friends*
- *Identifies and secures sponsor on the field*
- *Identifies and secures mentor(s) on the field*

Sustaining-recovery task

COMMIT TO RECOVERY FOR EACH FAMILY MEMBER

Competencies

10. Take responsibility for self
11. Understand and accepts impact of addiction disorder on each family member
12. Uses Twelve Step principles to handle anxiety and redirect family processes

Performables

- *Process the benefits and considerations of family members entering a recovery program for themselves while on field*
- *Process the benefits and considerations of attending Twelve Step support meetings for family members while on field*
- *Write a Family Mission Statement with goals and tasks to accomplish*

Sustaining-recovery task

RESOLVE ORIGINAL CONFLICTS/WOUNDS

Competencies

13. Identify and manage recurring dysfunctional patterns
14. Has realistic sense of personal limitations
15. Has skills to transform negative messages and remembered experience
16. Has an internal covenant which replaces old false beliefs

Performables

- *Process in therapy specific family-of-origin or trauma issues*
- *Understand core beliefs about self and relate them to identified "character defects".*
- *Understand in-family and outside-of-family triggers that activate shame or trauma symptoms*
- *Process a covenant with self and make draft*

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Sustaining-recovery task

ALTER DYSFUNCTIONAL FAMILY RELATIONSHIPS

Competencies

17. Remain true to self in the presence of dysfunction or stress
18. Becomes a direct, appropriate communicator
19. Has clear, appropriate boundaries with self and others
20. Breaks self-limiting family rules and roles

Performables

- *Completes personal boundary setting exercises*
- *Johari Window exercise*
- *Family completes boundary setting exercises*
- *Process appropriateness of disclosure to primary partner and/or family members*

Sustaining-recovery task

SUCCEED IN INTIMACY

Competencies

21. Be vulnerable and initiate
22. Creates a personal support network
23. Sustains a “primary” relationship
24. Recognizes relationship priorities

Performables

- *Understand the twelve dimensions of positive sexuality*
- *Identifies and shares with partner what it means to be intimate*
- *Completes 24 weeks of recovery couple tracker*

Sustaining-recovery task

COMMIT/RECOMMIT TO PRIMARY RELATIONSHIP

Competencies

25. Capacity to maintain and renew committed relationship
26. Understand obstacles to having primary intimacy
27. Integrates intimacy knowledge with recovery principles
28. Understand and honors key relationships
29. Integrates commitments

Performables

- *Commitment definition exercise*
- *Identify current priorities in couple's life*
- *Completes IMAGO exercise*
- *Couple creates and performs a ritual of recommitment*

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Sustaining-recovery task

RESTORE HEALTHY SEXUALITY

Competencies

30. Knows dimensions of healthy sexuality
31. Uses Twelve Step principles to focus on sexual health
32. Integrates sexual self-knowledge into sexual practice
33. Conscious sexuality relates t larger society and culture

Performables

- *Write and commit to updating a sex plan*
- *Understand how the twelve dimensions of human sexuality can reveal the map to one's sexual self*
- *Completes sexual timeline and process with partner and therapist*
- *Identifies sexual development events – events that shaped positive sexual development and harmful sexual development and process with partner and therapist*
- *Integrate SAFE sex formula into relationship*

Sustaining-recovery task

INVOLVE FAMILY MEMBERS IN THERAPY

Competencies

34. Capacity to ask for help
35. Take responsibility for personal behaviors

Performables

- *Attend family week, informational and celebrative*
- *Shares story with family*
- *Share a genogram experience with family members*
- *Completes an accountability exercise and shares with family*
- *Completes a timeline of how addict has abuse/offended family members*
- *Completes family impact sharing exercise*
- *Completes interpersonal amends & affirmations*

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APPLICATION PROCESS

Patients must qualify for this program. The application process is part of the evaluation to determine program suitability for the applicant. Please complete the following three steps.

1. Applicants must complete Part B, the application form. To complete the application, please print the form, read thoroughly, complete all questions, and mail completed form to Coeur d'Alene Counseling (PO Box 3745, CdA, ID 83816 USA). Please mail only Part B, pp. 12-18.
2. After receiving an email verifying your completed application has been received, applicants must submit a non-refundable application fee of \$199.00. Payments by credit card may be made online at <http://coeurdalene counseling.com/make-a-payment/>
3. After submitting the non-refundable application fee (step 2), applicant will complete the Sexual Dependence Inventory 4.0 (SDI), an online assessment. Directions to complete the SDI will be emailed to the applicant after step 2 is completed.

These three steps must be completed and materials submitted before the process to determine suitability. Within one week after steps 1, 2, & 3 have been completed, the applicant will be notified as to the status of their application via email.

****Pages 12-18 are Part B of this information and application packet. Part B is the application. Please return Part B, pp. 12-18, only.***

**The information contained
on the following pages is
private and confidential.**

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Patient Application
Confidential
Return only Part B

<p>Your Name</p> <hr/> <p>Spouse's Name</p> <hr/>	<p>Office Only</p>
<p>Mailing Address</p>	
<p>Mobile Phone</p>	
<p>Landline Phone</p>	
<p>Skype Phone</p>	
<p>US # Phone</p>	
<p>Mission/organization name and field location</p>	

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Confidential

Please respond to the following sixteen questions. Your responses are kept confidential. Please do not describe your behavior or other sensitive information with details. Descriptions should be general only - please feel free to use the below descriptions in your responses. Use the provided space as a guide to your response length.

<p>Sexual Compulsion - is a compulsive sexual behavior and is sometimes called hypersexuality, hypersexual disorder, nymphomania or sexual addiction. Compulsive sexual behavior may involve a commonly enjoyable sexual experience that becomes an obsession that is disruptive or harmful to you or others.</p>	<p>Pornography Addiction - is an addiction model of compulsive sexual activity with concurrent use of pornographic material, despite negative consequences to ones physical, mental, social, or financial well-being.</p>
<p>Relationship Addiction - is described as one person “loving” another person with an obsessive intensity that is not in the best interest of either party. This is sometimes referred to as love addiction.</p>	<p>Internet Sex Addiction - is also known as cybersex addiction, and has been proposed as a sexual addiction characterized by virtual Internet sexual activity that causes serious negative consequences to ones physical, mental, social, and/or financial well-being.</p>

1. Briefly explain your repeated failure to resist specific sexual behavioral impulses. Be sure to describe the specific sexual behavior that you’ve repeatedly failed to resist, and include a brief timeline.

2. Briefly explain how you’ve frequently engaged in specific sexual behavior to a greater extent or over a longer period of time than intended.

3. Briefly explain your long-standing desire of efforts to stop, reduce, or control specific sexual behavior, or a long history of unsuccessful efforts to stop, reduce, or control those behaviors.

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4. Briefly explain the excessive time you have spent in obtaining sex, being sexual, or recovering from sexual experiences.

5. Briefly explain how you become obsessed with preparing for sexual activities.

6. Briefly explain how you frequently engage in sexual behavior at times when fulfilling occupational, academic, domestic, or social obligations is expected.

7. Briefly explain how you've continued specific sexual behavior despite knowing it causes or exacerbates persistent or recurrent social, financial, psychological or physical problems.

8. Briefly explain your need to increase the intensity, frequency, number, or risk of specific sexual behaviors to achieve a desired effect, or experience diminished effect when continuing these behaviors at the same level of intensity, frequency, number, or risk.

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9. Briefly explain what social, occupational, or recreational activities have been given up or have been limited because of your specific sexual behavior.

10. Briefly explain how you persistently become upset, anxious, restless, or irritable if unable to engage in specific sexual behavior.

11. Briefly, what would you like to change in your life?

12. Briefly, describe your social life and interests:

13. Briefly, what would you like your counselor/therapist to know?

14. Have you had any thoughts or attempts to hurt yourself such as suicide? If yes, when?

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15. Briefly, please describe briefly any legal related issues you think your counselor should know.

16. Briefly, previous Counseling/therapy for this issue? Yes No If yes, with whom and when.

Communication, Email, & Social Media

E-mail transmission cannot be guaranteed to be secure or error-free. Information could be intercepted, corrupted, lost, destroyed, arrive late or incomplete. Coeur d'Alene Counseling, Inc. does not accept liability for any errors or omissions in the contents of email messages, which arise as a result of e-mail transmissions. Email transmissions from Coeur d'Alene Counseling, Inc. to patients will not consist of content that is generally reserved for session conversations and communication.

Email is used for efficient use of communication between client and Coeur d'Alene Counseling, Inc. about such items as session appointment reminders and/or other communication that is not agreed as sensitive to confidentiality. Please discuss with your counselor/therapist any concerns or questions surrounding the use of your email address. All email addresses are considered confidential and will be respected as private and belonging only to the client.

Email Address Request Please provide your current email address that you check and use regularly. Coeur d'Alene Counseling, Inc. uses email as a significant means of communicating with patients about items such as appointment reminders, session cancellation requests, reschedule session requests, and other non-confidential communications.

**Please legibly print your email address here. Or initial here (_____) to decline using email*

Addict: _____ @ _____

Spouse _____ @ _____



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Communication, Telephone, Texting, & Social Media All telephone conversations are kept strictly confidential between counselor/therapist and client. It is with the highest intention to return all phone call messages within 24 hours on business days.

Coeur d'Alene Counseling, Inc. **does not** text, send texts, or receive texts.

Regarding any and all types of *social media*, it is the policy of Coeur d'Alene Counseling, Inc. to not participate in social media with current and/or past patients. Exceptions cannot be made.

Agreement

Print Your Name _____

Print Your Spouse's Name _____

"We both have read, understand, accept, and stand by the given information to all the contents of this application document".

Signature _____ **Date** ___/___/___

Signature _____ **Date** ___/___/___

Mailing Address:
Coeur d'Alene Counseling, Inc.
PO Box 3745
Coeur d'Alene, ID 83816

Office Location:
Coeur d'Alene Counseling, Inc.
1910 Northwest Boulevard
Suite 201
Coeur d'Alene, Idaho

End of document.

