



## **COURSE DESCRIPTION**

# **Statistics - Sexual Addiction: Defining the Problem**

Hypersexuality is heavily promoted and evident in our culture yet few know what to look for or consider its consequences. Sexual addiction’s pervasive influence spans all classes of people and is often accompanied with multiple co-occurring addictions. This pursuit of sexual pleasure consumes us at the high cost of family, career and self.

## **STATEMENT OF NEED**

Many sit silently in the crosshairs of sexual addiction not knowing that they’re not alone. Lay persons, family members and leaders can help address sexual addiction by first simply acknowledging the problem exists, both inside and outside the Christian community, and then equipping themselves to make a difference.

## **GOALS & OBJECTIVES**

### **EDUCATIONAL TARGETS AND GOALS OF THE COURSE**

This course engages participants in the educational targets and goals of:

- **Intellectual Engagement**, as they learn how prevalent sexual addiction is in culture and how it affects local communities.
- **Professional Excellence**, as they learn how to apply this knowledge to become better leaders in their communities.
- **Socio-cultural Responsiveness**, as they learn how sexual addiction applies to culture (political and social problems, such as crime, divorce, family issues).
- **Responsible Stewardship**, by becoming more aware of community and family distress.
- **Spiritual Formation**, as they develop and maintain a deeper understanding of the addictive condition in relation to God’s heart and intent toward freeing mankind.

### **COURSE OBJECTIVES**

**Participants will be better able to:**

- Define addiction
- Recognize addiction as a progressive intimacy disorder
- Comprehend addiction as a massive cultural issue, particularly sexual addiction
- Identify pornography, and its statistics, as only one of sixteen sexual addiction presentations
- Recognize that sexual addiction crosses all socio-economic barriers, age ranges and genders



## **COURSE DESCRIPTION**

# **Presentations, Signs and Symptoms of Sexual Addiction**

Knowing that sexual addiction exists in our communities is the first step but, do we know what it looks like? How do I know its sexual addiction? What are the signs and symptoms? How does it impact a person’s life?

## **STATEMENT OF NEED**

In order to make a difference in our communities, churches, families or even in our own lives, we need to understand how sexual addiction impacts life physically, mentally, relationally, emotionally and spiritually for all demographics.

## **GOALS & OBJECTIVES**

### **EDUCATIONAL TARGETS AND GOALS OF THE COURSE**

This course engages participants in the educational targets and goals of:

- **Intellectual Engagement**, as they learn the signs and symptoms of sexual addiction and how all facets of an individual’s life are affected.
- **Professional Excellence**, as they learn basic neurochemistry of addiction, participants will better understand the compulsive nature and Cycle of Addiction.
- **Socio-cultural Responsiveness**, as they gain a deeper understanding of sexual addiction’s collective consequences, motivating them to bring change into their community.
- **Responsible Stewardship**, by being equipped to share this information with others.
- **Spiritual Formation**, as they understand the power and control of sexual addiction on people and familie,s they will see the vast need to use their story to reach out to others.

### **COURSE OBJECTIVES**

**Participants will be better able to:**

- Identify the components that make up the Cycle of Addiction
- Recognize the power and intensity of neurochemical addiction and the two types of brain pleasure
- Identify the criteria for sexual addiction in layman and DSM5 clinical terms
- Classify the categories of coping methods
- Recognize the range of sexual addiction presentations



## **COURSE DESCRIPTION**

# **Fragmentation**

What triggers the cycle of addiction? Why do we need coping methods to change our mood, relieve stress or prove value? Addiction stems from a need to medicate pain and not only physical pain but more often emotional pain. What causes emotional pain? Fragmentation is introduced as a term describing the battle of self; a result of disintegration, which is in direct contrast to God’s design of integration.

## **STATEMENT OF NEED**

Whether acknowledged as spiritual battle or not, everyone seems to be fighting an internal war. Wouldn’t we benefit from a deeper understanding of the basis on which this battle is fought?

## **GOALS & OBJECTIVES**

### **EDUCATIONAL TARGETS AND GOALS OF THE COURSE**

This course engages participants in the educational targets and goals of:

- **Intellectual Engagement**, as they learn the role of fragmentation in the origin of coping, addictive and compulsive behaviors.
- **Professional Excellence**, as they are introduced to concepts that unite spirituality with mental health observations.
- **Socio-cultural Responsiveness**, as they realize that everyone we meet is fighting a battle we know nothing about.
- **Responsible Stewardship**, by incorporating this knowledge into daily relationships with others.
- **Spiritual Formation**, as they see the integration of biblical and clinical terminology.

### **COURSE OBJECTIVES**

**Participants will be better able to:**

- Recognize there is a standard by which we measure wholeness
- Recognize God’s design for healthy relationships
- Expose conflicting efforts to manage disintegration
- Recognize the origin of our internal war as identity compartmentalization



## **COURSE DESCRIPTION**

# **Family Systems**

What is the role of family systems in addiction, disintegration or wholeness? Although no family is completely healthy or unhealthy, all families have dysfunctional aspects. It’s often the unhealthy characteristics that negatively skew our perception and influence how we engage the world. If we are having difficulties maybe we’d benefit from uncovering the foundation on which we’ve established our belief system.

## **STATEMENT OF NEED**

Experts say that no one can be understood apart from their family and that being understood is one of the deepest desires of the heart. If these statements are true, then to live a deeply satisfying life we need to dig into our family dynamics in order to understand our response to its influence.

## **GOALS & OBJECTIVES**

### **EDUCATIONAL TARGETS AND GOALS OF THE COURSE**

This course engages participants in the educational targets and goals of:

- **Intellectual Engagement**, as they learn the significance of family environment and experiences to personal development.
- **Professional Excellence**, as they are introduced to attachment concepts and the role of family health and wholeness.
- **Socio-cultural Responsiveness**, as they realize the generational effect of negative family influences.
- **Responsible Stewardship**, by implementing gained knowledge to bring positive change.
- **Spiritual Formation**, as they connect biblical principles and generational influences to experiences, perceptions and belief systems.

### **COURSE OBJECTIVES**

**Participants will be better able to:**

- Communicate the significance of a standard of measure in relation to addictive behaviors
- Identify generational behavioral consequences
- Recognize attachment failures
- Uncover unspoken strategies to manage abuse/neglect and understand their developmental effect
- Draw a parallel between biblical and clinical family dynamic concepts
- Recognize relational interaction patterns that extend beyond family
- Link attempts to medicate detachment pain with yearning for God’s integrative design



## **COURSE DESCRIPTION**

### **L.I.F.E. Recovery Model, Guide and Group**

Since the 12 Step model emerged in 1935 there have been many advances in addiction recovery. Even still not all recovery models are equal. AA’s model was enriched by second generation Christ-centered materials, yet experience indicates these approaches lack an essential core issue/trauma model focus among other vital components necessary for the development of healthy intimacy skills.

## **STATEMENT OF NEED**

Unless we uncover, and begin to heal, the core issues that drive the addictive condition and also learn healthy intimacy skills, individuals will continue striving with their faulty belief systems and will be more prone to switch addictions. The Core Issue Addiction Recovery (CIAR) principles in the L.I.F.E. Recovery Model, the Guide and the Group easily direct participants toward the most effective work to escalate a more thorough recovery.

## **GOALS & OBJECTIVES**

### **EDUCATIONAL TARGETS AND GOALS OF THE COURSE**

This course engages participants in the educational targets and goals of:

- **Intellectual Engagement**, as they learn the best practices for addiction recovery.
- **Professional Excellence**, as they follow the recovery model of leading addiction experts.
- **Socio-cultural Responsiveness**, as they bring the next generation of effective addiction recovery, the LRM, to society.
- **Responsible Stewardship**, by encouraging them to plant L.I.F.E. Recovery Groups in their community.
- **Spiritual Formation**, as they see their role in setting captives free.

### **COURSE OBJECTIVES**

**Participants will be better able to:**

- Explain the progression of addiction recovery models
- Expose the fallacy of the sobriety objective
- Identify the non-negotiable disciplines for developing healthy intimacy skills
- Identify the two phases of addiction recovery
- Summarize the strategy and structure of L.I.F.E.’s Principles and Assignments
- Locate and utilize the resources within the L.I.F.E. Recovery Guide
- Summarize the strategy and structure of the L.I.F.E. Recovery Group process
- Identify main challenges in group dynamics