

Dr. Michael Sytsma, Marnie Ferree, MA
And Guest Lecturers
Institute for Sexual Wholeness
SWI Office (404) 480-0824
Admin Email: iswadmin@sexualwholeness.com

Advanced Sex Therapy: Addictions (22 CEUs)
April 4-5, 2025, 9:00am - 7:00pm (EST)
April 6, 2025, 9:00am - 5:00pm (EST)
Richmont Graduate University
1900 The Exchange SE #100
Atlanta, GA 30339



Advanced Sex Therapy: Addictions

CE Syllabus - 22 CE Units

I. COURSE DESCRIPTION

This course takes an in-depth and advanced look at current theories and treatment approaches to addressing problematic hypersexuality (compulsive and addictive sexuality). Students will explore the diagnosis, etiology, disease process, treatment, recovery process, and current research findings for sexual addictions in males and females.

To receive **22 Continuing Education Units**, all assignments in green boxes must be completed.

To apply this course for **ABCST Certification**, all green boxes plus additional assignments in burgundy boxes must also be completed.

II. COURSE OBJECTIVES

At the completion of this class, students will be able to:

- A. Recognize commonly accepted nosology and diagnostic criteria for problematic hypersexuality (i.e., sexual addiction).
- B. Explain the history of diagnosing and labeling compulsive sexual behavior, including contributions by early researchers such as R. Krafft-Ebing, modern clinicians like Patrick Carnes and Mark Laaser, and modern perspectives from AASECT, DSM proposals, and ICD.

- C. Differentiate various models for addressing sexual addiction along with the theoretical and empirical foundations for those models.
- D. Explain the history and foundational principles of 12-step recovery programs, including the development of sex addiction-focused groups and their unique sobriety definitions.
- E. Identify common differences in presentation and recovery for sexual addiction based on age, gender, sexual orientation, culture, and ethnicity.
- F. Discriminate between various etiological roots of sexually addictive presentations.
- G. Develop strategies for behavioral intervention and relapse prevention in the treatment of sexual addiction, emphasizing the role of accountability, psychoeducation, and therapy.
- H. Critique the impact of sexual addiction on marital and family systems, and propose strategies for addressing fallout through therapy that rebuilds trust, heals relational wounds, and restores intimacy.

III. COURSE MATERIALS

Students are responsible for additional information and materials (i.e., Power Point files, media, etc.) distributed through the online course platform and class lectures. Required/recommended reading and the included bibliography does not necessarily represent the position of ISW. These materials do represent some of the best information in the field on this subject. Older readings are included because they provide valuable relevant information; while newer articles may exist, we believe these readings are still the best options for this subject.

Time will be spent in class discussing the reading and critiquing it from a Biblical Christian perspective that is in line with the stated theology of ISW.

Students should review all notes, and/or other materials from the sexual addictions lectures presented in the ISW Introduction to Human Sexuality course and the ISW Intermediate Protocols course (formerly Dysfunctions) previously attended.

A. Required Texts

Birchard, T., & Benfield, J. (Eds.). (2018). *The Routledge international handbook of sexual addiction*. Abingdon, Oxon & New York, NY: Routledge. (468 pp)

B. Highly Recommended Texts

Carnes, P. J. & Adams, K. M. (2019). *Clinical management of sex addiction* (2nd ed.): Routledge.

Carnes, P. (1997). *The betrayal bond: Breaking free of exploitive relationships*. Deerfield Beach, FL: Health Communications.

Ferree, M. C. (2012). *Making advances: A comprehensive guide for treating female sex and love addicts*. Society for the Advancement of Sexual Health. (Chapters 3-8 and 10 are required. The rest is highly recommended.)

Katehakis, A. (2016). *Sex addiction as affect dysregulation: A neurobiologically informed holistic treatment*. New York: W.W. Norton & Company.

Laaser, D. (2008). *Shattered vows: Hope and healing for women who have been sexually betrayed*. Grand Rapids, MI: Zondervan Publishers. (256 pp)

Laaser, M. R. (2004). *Healing the wounds of sexual addiction: sexual integrity in a fallen world*. Grand Rapids, MI: Zondervan.

C. Recommended Readings & References

Barta, M. (2017). *Tinsa: A neurological approach to the treatment of sex addiction*. CreateSpace Independent Publishing Platform.

Braun-Harvey, D., & Vigorito, M. A. (2016). *Treating out of control sexual behavior: rethinking sex addiction*. Springer Publishing Company, LLC.

Bóthe, B., Koós, M., Nagy, L., Kraus, S. W., Demetrovics, Z., Potenza, M. N., ... & Vaillancourt-Morel, M. P. (2023). Compulsive sexual behavior disorder in 42 countries: Insights from the International Sex Survey and introduction of standardized assessment tools. *Journal of Behavioral Addictions*, 12(2), 393-407.

Carnes, P. (1989). *Contrary to love: Helping the sexual addict*. CompCare Publishers.

Carnes, P. (1991). *Don't call it love: Recovery from sexual addiction*. Bantam Books.

Carnes, P. (2015). *Facing the shadow: Starting sexual and relationship recovery*. Gentle Path Press.

Carnes, P. (1993). *A gentle path through the twelve steps: The classic guide for all people in the process of recovery* (Rev. ed.). CompCare Publishers.

Carnes, P. (2001). *In the shadows of the net: Breaking free of compulsive online sexual behavior*. Hazelden.

Carnes, P. (2001). *Out of the shadows: Understanding sexual addiction* (3rd ed.). Hazelden Information & Edu.

Carnes, P. J., & Adams, K. M. (2019). *Clinical Management of Sex Addiction*. Routledge.

- Carnes, P., Delmonico, D. L., & Griffin, E. (2007). *In the shadows of the net: Breaking free of compulsive online sexual behavior* (2nd ed.). Hazelden.
- Carnes, S., & Gallegos, C. (2012). *Mending a shattered heart: A guide for partners of sex addicts*. Gentle Path Press, LLC.
- Carnes, P., & Moriarity, J. (1997). *Sexual anorexia: Overcoming sexual self-hatred*. Hazelden.
- Carnes, P., & Rening, L. J. (1994). *27 tasks for changing compulsive, out-of-control, and inappropriate sexual behavior: Therapist's guide*. Positive Living Press.
- Collins, P., & Collins, G. N. (2011). *A couple's guide to sexual addiction: A step-by-step plan to rebuild trust and restore intimacy*. Adams Media.
- Earle, R., & Laaser, M. R. (2002). *The pornography trap: Setting pastors and laypersons free from sexual addiction*. Beacon Hill Press.
- Earle, R., Earle, M. R., & Osborn, K. (1995). *Sex addiction: Case studies and management*. Brunner/Mazel Publishers.
- Ferree, M., Weiss, R., & Carder, D. (2018). *Out of the doghouse for Christian men: A redemptive guide for men caught cheating*. CreateSpace Independent Publishing Platform.
- Ferree, M. C. (2010). *No stones: Women redeemed from sexual addiction* (2nd ed.). IVP Books.
- Goodman, A. (1998). *Sexual addiction: An integrated approach*. International Universities Press.
- Kasl, C. S. (1989). *Women, sex, and addiction: A search for love and power*. Ticknor & Fields.
- Katehakis, A. (2016). *Sex addiction as affect dysregulation: A neurobiologically informed holistic treatment*. W.W. Norton & Company.
- Laaser, D. (2008). *Shattered vows: Hope and healing for women who have been sexually betrayed*. Zondervan.
- Laaser, M. R. (2011). *Taking every thought captive*. Beacon Hill Press of Kansas City.
- Laaser, M. R. (2011). *The 7 Principles of highly accountable men*. Beacon Hill Press of Kansas City.
- Laaser, M. R. (2011). *Becoming a man of valor*. Beacon Hill Press of Kansas City.

- Laaser, M. R. (2004). *Healing the wounds of sexual addiction: Sexual integrity in a fallen world*. Zondervan.
- Maltz, W., & Maltz, L. (2010). *The porn trap: The essential guide to overcoming problems caused by pornography*. HarperCollins.
- Malandain, L., Blanc, J.-V., Ferreri, F., & Thibaut, F. (2020). Pharmacotherapy of sexual addiction. *Current psychiatry reports*, 22, 1-8.
- Salmon, R. F. (1995). Therapist's guide to 12-step meetings for sexual dependencies. *Sexual Addiction & Compulsivity*, 2(3), 193-213.
- Schaumburg, H. W. (1992). *False intimacy: Understanding the struggle of sexual addiction*. NavPress.
- Schneider, J. P. (2015). *Back from betrayal: Recovering from the trauma of infidelity*. CreateSpace Independent Publishing Platform.
- Schneider, J. P., & Corley, D. (2012). *Surviving disclosure: A partner's guide for healing the betrayal of intimate trust*. CreateSpace Independent Publishing Platform.
- Schneider, J. P., & Schneider, B. (2004). *Sex, lies, and forgiveness: Couples speak on healing from sex addiction* (3rd ed.). Gentle Path Press.
- Sexaholics Anonymous* (1989). (now called "*The Sexaholics Anonymous White Book*"). SA Literature.
- Weiss, R. (2013). *Cruise control: Understanding sex addiction in gay men*. Ebookit.com.
- Weiss, R. (2017). *Out of the doghouse: A step-by-step relationship-saving guide for men caught cheating*. Health Communications Incorporated.
- Weiss, R., & Schneider, J. (2015). *Always turned on*. Gentle Path Press.
- Willingham, R. (1999). *Breaking free: Understanding sexual addiction & the healing power of Jesus*. InterVarsity Press.

IV. COURSE REQUIREMENTS

To receive a Certificate of Completion:

A. Attendance/Participation: Due April 4-6

Students are expected to attend the entire class time. Active engagement is expected for the benefit of both individual students and the entire class as a whole. Attendance at all lecture times is crucial. CE students will lose 3% for each hour of class time missed.

Students missing more than three hours may receive a failing grade for the course.

B. Trauma Egg (with Processing): Due April 5

Students will follow the instructions provided in the ISW online course platform to complete a basic trauma egg for themselves.

To get the most out of this experience, students should complete the trauma egg drawing before the lecture weekend.

During the lecture time, students will be grouped into gender specific groups of 3-4 students. Groups will find a quiet location to process their trauma egg with each other. Online students will be grouped similarly through the online course platform.

Students will:

- Provide an overall summary of the rules of their home and the roles they played.
- Provide an overall summary of the personal characteristics of the primary caregivers in their nest (i.e., mother and father figure).
- Process three to four events from their nest with each other.
- Openly receive the same stories from the other members of the group. Empathy and observation are welcome, but interpretation and counsel is *not*.

Participants are encouraged to choose items to share with care. The goal is to experience sharing in a limited therapeutic environment while maintaining containment and safety for one's own story. To facilitate this experience, all participating students will sign a confidentiality agreement before joining the experience.

If you are not comfortable sharing in class:

- Students may choose to complete and process their own trauma egg with a therapist of their choice provided the therapist has training and experience in processing trauma.
- Students must provide the therapist with the instructions for the trauma egg, process through their egg, and provide the professors with a letter from the therapist validating the individual processed through the trauma egg with them (processing and letter submission must occur no later than April 27, 2025).

No extensions will be given for this assignment. You cannot pass this course without completing this assignment.

C. Final Exam: Due May 4

A final exam will be given. This exam will be objective (multiple choice, true/false, etc.) and will be taken online. The final exam is open book (you may use your texts and notes), must be taken in one sitting and must be completed within two hours. Exam will cover all content, therapeutic applications, and integration. Students will access the exam through the ISW online course platform.

Additional assignment requirements to count this course for ABCST Certification:

D. Reading Report: Due May 4

It is HIGHLY recommended that all reading is completed by April 6th (the beginning of classroom lectures). However, a reading report of all assigned reading will be completed and turned in by May 4th.

V. COURSE SUPPLEMENTAL INFORMATION

ISW does not discriminate on the basis of disability in the operation of any of its programs and activities. To avoid discrimination, the student is responsible for informing the Director of ISW and the course instructor of any disabling condition that will require modifications.

VI. COURSE POLICIES

A. Class Attendance & Participation

Attendance is crucial, not just for the content, but to get the value of different professors and viewpoints. Students will lose 3% of the total grade for each hour of class missed.

CEU/Professional Participants are also required to attend all of the class and complete all assignments in order to earn credit and CEUs. Active engagement (allowing for differences in personal style) is expected for the benefit of both individual students and the class as a whole.

Students missing more than three hours may receive a failing grade for the course. **Online Students must have their cameras on at all times.**

B. Late Assignments

Assignments will lose 2.5% grade for each day they are late without prior approval from the professor. The Reading Report will be submitted through the ISW online course platform. The final exam will also be taken through the online course platform.

The exam will be open 12:00 am (EST) April 14 until 11:59 pm (EST) May 4. The exam cannot be accessed after 12:00 am (EST) May 5. Please plan accordingly.

C. Methodology

While relying heavily on direct instruction, this course will utilize a variety of additional methodologies dependent in part on the teaching professor and learning objective.

Additional methodologies used include: class discussion, inquiry guided instruction, modeling, experiential, and case discussion.

VII. COURSE LECTURES, ASSIGNMENT SCHEDULE, & PROFESSORS

Date	Lecture Topics	Assignment Due Dates	
4/4	● Introduction and history ● Identification and diagnosis ● Classical vs Contemporary SA ● Assessment ● Treating the whole ● Overview of Treatment Models ● CSAT Model ● OCSB Model	Reading Due (recommended)	Participation
4/5	● 12-Step Model ● Medical Model ● Using Inpatient and IOP ● Adolescents and compulsive sex ● Pornography and modern media ● The Trauma Egg as a therapeutic tool	Trauma Egg Experience	
4/6	● Female Sexual Addiction ● Partners of Sex Addicts ● Working with Couples ● Wisdom and stories	Course Feedback (optional, but appreciated)	
*4/27	OPTIONAL ALTERNATIVE TRAUMA EGG EXPERIENCE DUE	Alternative Trauma Egg Experience completed and Letter Submitted	
*5/4	Reading Report will be turned in through the ISW online course platform.	Reading Assignment Due	
*5/4	Exam open 12:00 AM April 14 thru 11:59 PM May 4 (EST).	Final Exam Due	

***All Due Date Times are 11:59 pm EST (Eastern Standard Time). Please plan accordingly.**

About Your Instructors:

Michael R. Sytsma is a Licensed Professional Counselor in Georgia, a Certified Sex Therapist, and a Certified Professional Counseling Supervisor. He is a trained substance abuse counselor and has been working with sex addicts since 1990.

Michael is an ordained minister with The Wesleyan Church and has served as a staff pastor for churches with attendance from 30 to over 1000. He is currently appointed to Building Intimate Marriages, inc. by the Wesleyan Church. Michael received his BS in Christian Ministry from Indiana Wesleyan University, an MS in Community Counseling from Georgia State University, a Diploma in Christian Counseling from Richmond

Graduate University (Psychological Studies Institute), and a Ph.D. from the University of Georgia in Child and Family Development/Marriage and Family Therapy where he specialized in Marital Sexual Therapy. His dissertation was on “Sexual Desire Discrepancy in Married Couples.” He has contributed to numerous books and released his book *Secrets of Sex & Marriage: 8 Surprises That Make All the Difference* in February 2023.

Marnie C. Ferree is a Licensed Marriage and Family Therapist and Certified Sex Addiction Therapist. She established a program for female sex addicts in 1997, the first of its kind, which today draws participants from across the U.S. and Canada. She is the founder of Bethesda Workshops, which offers Christian-based, short-term, clinical workshops for male sex addicts, female sex addicts, partners of addicts, couples affected by sexual addiction, and adolescents, and has a national reputation as a leader in the field of sexual addiction. Marnie has written *No Stones: Women Redeemed from Sexual Addiction* (IV Press), the first Christian book on the subject by a woman personally in recovery. She is also the editor of *Making Advances - A Comprehensive Guide for Treating Female Sex and Love Addicts*, the first book to address this population. She also co-authored *Out of the Doghouse for Christian Men - A Redemptive Guide for Men Caught Cheating*.