



## SASA Training — August 6th, 2021, Auckland

### Did you know?

- 30% of all up/downloaded internet data is porn
- New Zealand ranks 27th in the world for Pornhub traffic; 13th for page views per capita
- Recent NZ research exposes a strong association between sex addiction and domestic violence

### Helping Those Impacted by Sex Addiction

SASA invites therapists, therapy students and group facilitators to attend in person, or online, this training on working with those impacted by sexual addiction/problematic sexual behaviours. For this afternoon and evening event our international experts (see below) will be attending virtually, but we still recommend you join us in Avondale so that we can network as well as learn together. Schedule — August 6th, 2021



Dr. Jake Porter

#### A RELATIONAL-PSYCHO-BIOLOGICAL APPROACH TO ADDICTION, BETRAYAL, RECOVERY, AND HEALING

We are created as embodied souls who bear the image of our Creator. All of what makes us who we are — body and soul — form a functional unit, such that what we do in our bodies matters spiritually, and what we do spiritually has an effect on our bodies. A powerful example of this truth can be found in examining the neurobiology of sexual addiction, betrayal trauma, and the relational dynamic within couples suffering from these challenges.

In the first portion of this presentation, Dr. Jake Porter will explain how sex addiction and betrayal trauma are developed, experienced, and healed in the human brain and nervous system. After considering the neurophysiology of the sexual addict and betrayed partner, the presentation will examine the interpersonal neurobiology of the relational dynamic within the coupleship. Dr. Porter will show how the relational dynamic can serve to reinforce traumas or become an agent in their healing.

## SEX ADDICTION: RECOVERY BASICS

Starting out in recovery from problematic sexual behaviours may not be straightforward. So, where do we start with clients who are using sex in ways that are addictive, compulsive and problematic? Cat will offer some practical and theoretic solutions to the problem of sexual addiction, starting with the basics of education, defining boundaries, understanding triggers and relapse prevention. She will share some of the tools she has developed and adapted to support the work of Naked Truth Recovery. Cat will also reflect on the longer term work of recovery from problematic sexual behaviours and how this may differ from other addictions, focusing on the attitudinal changes that constitute emotional and sexual sobriety.



Cat Etherington

AUCKLAND, AUGUST 6th 2021 - 12:15pm-8pm

12:15pm	Registration
1:00-4:00pm	Session One: A Relational–Psycho–Biological Approach To Addiction, Betrayal, Recovery, And Healing — Dr. Jake Porter (with tea break)
4:00-6:30pm	Meal break (meal not provided)
6:30-8:00pm	Session Two: Sex Addiction: Recovery Basics — Cat Etherington

### LOCATION

The Haven, Avondale, 1855 Great North Rd, Avondale, Auckland or via Zoom online

### REGISTRATION

The cost of registration is \$160. To register email [admin@sasa.nz](mailto:admin@sasa.nz). Please specify whether you wish to attend in person or online.

### PAYMENT DETAILS

SASA's bank details are 12 3099 0088818 00. Please put your name and the event name (AUG TRAINING) into the payment details.



### REFUND POLICY

We will provide a full refund with written notice 7 days prior to the training. We will provide a 50% refund with written notice between 7 days and the training date