



# S.A. LIFELINE FOUNDATION

Recovering Individuals • Healing Families

**“...a good therapist can be one of our greatest allies in recovery. In fact, I encourage most recovering addicts to work with a therapist who has a deep commitment to the twelve steps and an appreciation for the spirituality of recovery.”**

Patrick Carnes PhD, A Gentle Path Through the Twelve Steps, p 13

## **The following are questions to consider asking a therapist when sexual compulsion/ addiction and/ or betrayal trauma are present:**

- Ask the therapist if he or she is a member of a national organization for treatment of sexual addiction and if he or she has received specific certification or training.  
*Good therapists specializing in other psychological problems may not necessarily be the best for treating sexual behavior.*
- How many years of experience does he or she have treating problems associated with sexual addiction?
- Are counseling services provided for the non-addicted spouse?  
*Involvement of the non-addicted spouse in therapy is paramount for the spouse's personal wellbeing and also for the health of the marriage.*
- Does the therapist or clinic provide group therapy?  
*Experience has shown that recovery is enhanced when individuals participate in group therapy.*
- What does the therapist believe that the effects of viewing pornography are?  
*Therapists often have varying opinions regarding whether the viewing of pornography and engaging in related sexual activities are problematic behaviors. Make certain that the therapist you are seeing shares your beliefs and value system.*
- Does the therapist believe that pornography use can be classified as an addiction?  
*Therapists who do not believe pornography is addictive will probably not be effective in treatment.*
- What steps are considered necessary to recovery?  
*Some therapists do not believe recovery is possible or do not exhibit a strong understanding of what recovery requires.*
- How does the therapist define recovery and measure success in treating those who view pornography?  
*Discovering how a therapist defines recovery can also help gauge the effectiveness of treatment.*
- How does the therapist feel about 12 Step?  
*Therapists who understand the spiritual nature and have a thorough understanding of how 12 step work complements therapy will be most effective in treatment of betrayal trauma and sexual addiction.*