

# EVENT AGENDA



2024 Virtual Conference

## Thursday, September 26th Topic: Unwanted Sexual Behavior

- 9:00- 9:15     **2024 S.A. Lifeline Conference Welcome & Overview**  
*Welcome by Tara McCausland, S.A. Lifeline Executive Director*
- 9:15- 10:05    Headliner Presentation  
**How to Do Disclosures Right: A Partner-Sensitive, Relationship-Restoring Approach to Navigating the Full Disclosure Process**  
*Speakers: Dan Drake, Janice Caudill*  
The full disclosure process can be complicated and overwhelming. Janice Caudill and Dan Drake will help you understand the full disclosure process, from discovery through recovery. We will help you understand how to navigate this process and soar to new heights individually and as a couple through this important step in the healing journey after sexual betrayal.
- 10:15- 11:00    Breakout Session #1-  
**Option 1- How we See Sex Addiction; Its History, Its Healing**  
*Speaker: Sherry Young, PhD, CSAT*  
Stepping back from treatment methodologies and models in the Sex Addiction field to look at the Archetypes of Addiction through the perspective of Carl Jung can help us see the big picture. Once that over-arching vision comes into view, the methodologies and models take on new meaning and we can see their collective usefulness and wisdom, using them more broadly, as we help clients struggling with compulsive sexuality as they seek healing.
- Option 2- Utilizing the Inner Child Model for Treating Addictive Behaviors**  
*Speaker: Eddie Capparucci, Ph.D., LPC, C-CSAS, CPCS*  
Many addictive behaviors stem from childhood trauma and neglect. The Inner Child Model for treating addiction, based on early childhood development research and the Adverse Childhood Experiences Study, helps individuals understand why addiction affects them. This understanding empowers them to make significant life changes, incorporating mindfulness, impulse control, emotional processing, and distinguishing feelings from reality.
- 11:15- 12:00    Breakout Session #2-  
**Option 1- Why Group Work is a Game Changer for Recovery**  
*Speaker: Roy Kim, LMFT, CSAT, Author*

Most sexual addicts attempt recovery on their own due to the secrecy and isolation they are accustomed to. While some may achieve abstinence, true recovery is challenging without support. Group work, involving truth-telling, visibility, and interdependence, can be transformative for recovery. This workshop will delve into the transformative qualities of group work.

### **Option 2- Circles Models of Sexual Addiction**

*Speaker: Steven Croshaw, Co-Founder of S.A. Lifeline*

Learn about the Circles Model of Sexual addiction from the S.A. Lifeline co-founder, Steven Croshaw. Steven will walk participants through the model of addiction and offer his own experience, strength and hope about living in long-term recovery.

1:00- 2:00

Panel

#### **Recovery Panel on Sexual Addiction**

*Panel includes SAL participants working recovery through SAL 12-Steps.*

What does it take to live in long-term recovery? What are best- practices for working recovery? Do you have questions for those who are striving to live in long-term recovery? Bring your hope. Recovery happens every day, one day at a time.

2:15- 2:30

#### **Day 1- Unwanted Sexual Behavior- Wrap Up**

*Presenter: Tara McCausland, S.A. Lifeline Executive Director*

### **Friday, September 27th Topic: Betrayal Trauma**

9:00- 9:15

#### **Welcome to Day 2 - Betrayal Trauma**

*Welcome by Tara McCausland, S.A. Lifeline Executive Director*

9:15- 10:05

Headliner Presentation:

#### **Betrayal Trauma Anger**

*Speaker: Dr. Crystal Hollenbeck*

In 2023, Dr. Hollenbeck's Betrayal Trauma Anger Survey found that 84% of respondents experienced their most intense anger ever after being betrayed by an intimate partner. In this presentation, she will define betrayal trauma anger, explain why both parties experience complex anger, introduce the SCIP Protocol™ for self-regulation, and review the 7 Betrayal Trauma Anger CALMING Phases™.

10:15- 11:00

Breakout Session #1-

**Option 1- Alone in the Aftermath: Healing From Betrayal When Your Relationship Doesn't Survive**

*Speaker: Rae Emerson, CPLC, CCRC, CDRC, MCC, CPC-S*

Will address the multifaceted nature of divorce following sexual betrayal. It explores divorce as an unavoidable fact for some, a primary trauma, and a significant transitional milestone that complicates the recovery process. It also emphasizes the unique grief and mourning associated with divorce and offers guidance on achieving closure and reconnecting with oneself, encouraging a dignified approach to divorce and the creation of a fulfilling post-divorce future.

**Option 2- Gaslighting & Manipulation: How To Deal and Heal**

*Speaker: Dr. Janice Caudill, PhD., CCPS-S, CPTT-S, IAT, SEP, CSAT-S, PRT*

Dr. Janice Caudill will discuss identifying, addressing, and healing from gaslighting and other manipulative behaviors. Topics include detecting gaslighting, responding effectively, separating fact from distortion, and avoiding traps. She will also cover boundaries, coping strategies, and creating an empowerment plan.

11:00- 12:00 Breakout Session #2-

**Option 1- The Scoop on Snooping Behaviors in the Wake of Sexual Betrayal**

*Speaker: Dr. Jill Manning, PLLC, PhD, CCPS, CCTP*

In this presentation, Dr. Manning will explore the dynamics of snooping behaviors after sexual betrayal, examining the motivations, initial reassurance, and long-term consequences. Using psychological insights and case studies, she will discuss how snooping can perpetuate mistrust and anxiety, and advocate for more effective approaches to uncovering truth and fostering healing.

**Option 2- Circles Models of Betrayal Trauma**

*Speaker: Rhyll Croshaw, Co-Founder of the S.A. Lifeline Foundation*

Learn about the Circles Model of Betrayal Trauma from S.A. Lifeline co-founder, Rhyll Croshaw. Rhyll will walk participants through the model of betrayal trauma and offer her own experience, strength and hope about living in long-term recovery.

1:00- 2:00 Panel

**Recovery Panel on Betrayal Trauma**

*Panel includes participants working recovery from betrayal trauma through SAL 12-Steps*

Have you ever wondered any of the following: What does recovery from betrayal look like? Is healing possible? What do healthy boundaries look like? If such question have kept you awake, join this panel for a boost. Bring your hope. Healing happens everyday, one day at a time.

2:15- 2:30 **Day 2- Betrayal Trauma- Wrap Up**

*Presenter: Tara McCausland, S.A. Lifeline Executive Director*

**Saturday, September 28th Topic: Healing Families**

- 9:00- 9:15     **Welcome To Day 3: Healing Families**  
*Welcome by Tara McCausland, S.A. Lifeline Executive Director*
- 9:15- 10:05    Headliner Presentation  
**Healing the Coupleship**  
*Speaker: Dr. Jake Porter, PhD, LPC, NCC, CPC*  
Dr. Jake Porter offers a powerful model for helping couples to heal in couple-centered recovery. Dr. Porter is a pioneer in this field and offers tools to help couples heal breaches caused from sexual betrayal.
- 10:15- 11:00   Breakout Session #1-  
**Option 1- After the Disclosure: A Guide Towards Family Health**  
*Speaker: Jessica Eidens, LMHC, CMHS, CSAT, CCPS*  
This breakout session will guide families toward health and healing after a disclosure, with a focus on families with older children who no longer live at home. It will cover the right steps to take after family heartache, how to handle situations where a child wants nothing to do with the family, and ways to facilitate collective healing. These discussions aim to provide practical strategies for rebuilding family relationships and fostering recovery.
- Option 2- Reclaiming Safety: Navigating Power Dynamics After Betrayal**  
*Speaker: Tammy Gustafson, LPC*  
The primary need for women after betrayal is safety, which involves finding strength, setting boundaries, and asking for what they need—crucial steps in the healing process. However, the betrayer may misinterpret these actions as being mean and controlling, fearing a permanent power imbalance. This talk will explore the power differential after betrayal to help you understand and support the healing journey.
- 11:15- 11:50   Breakout Session #2-  
**Option 1- Sexual Intimacy After Betrayal**  
*Speaker: MJ Dennis, LPC, LMFT, AASECT, APSATS, ETT, EMDR*  
Sexual betrayal often leads to sexual dysfunction, leaving couples struggling with intimacy and typically delaying sexual healing in therapy. Betrayed partners may suffer from damaged self-esteem and intrusive thoughts, while unfaithful partners grapple with guilt, shame, and avoidance. Join MJ as she discusses healing tasks to help individuals and couples rebuild a healthy, respectful, and value-aligned sexual relationship after betrayal.

**Option 2- Circles Models for Healing the Marriage and Family**

*Speakers: Steven Croshaw, Rhyll Croshaw (Co-Founders of S.A. Lifeline) & daughter Tara McCausland, S.A. Lifeline Executive Director*

Come learn from Steven & Rhyll Croshaw, plus their daughter Tara McCausland, about the Circles Models for families who are affected by sexual addiction and betrayal trauma. The Croshaw family continues to blaze trails of hope for those who are seeking true and lasting recovery. Find out why and see lasting recovery in action with this presentation.

**12:00- 12:45 Live Q&A w/ Keynote Presenters**

*Presenters: Dr. Crystal Hollenbeck, Dr. Jake Porter, Janice Caudill & Dan Drake*  
Bring your question for this LIVE Q&A with our 2024 Headliner presenters.

**1:00- 1:45 Recovery Panel On Healing Couples and Families**

*Panel participants include family members who are working SAL 12-Steps*  
This pre-recorded panel brings in family members of those who are actively working recovery and applying it to their families. Bring your hope. Recovery happens every day- one day at a time.

**2:00- 3:00 LIVE Round Table (Add On Ticket Required- Limited Availability)**

*Round Table directors include professional breakout speakers from the 2024 S.A. Lifeline Conference*

Join us for this 60-minute live Q&A virtual Round Table with our breakout speakers and ask your questions in a small group setting of up to 8 people during four, 14 minute segments. This is a unique opportunity to engage with top experts in the field and get your questions answered.

\*\*\*Add-on ticket required for participation.

**3:15- 3:30 2024 S.A. Lifeline Conference Wrap Up**

*Wrap Up by Tara McCausland, S.A. Lifeline Executive Director*