



**Sunshine Coast
Health Centre**
Powell River, BC

Sunshine Coast Recovery News

Your Partner in Recovery

Fall 2009



Our Christmas invitation for Alumni

Sunshine Coast alumni are invited to reconnect with staff and current program participants for several events during the Christmas season:

December 20 (Sun) – Secret Santa shopping

December 21 (Mon) – Movie night at Patricia Theatre

December 25 (Fri) – Christmas Day

- Brunch
- Turkey dinner
- Outdoor activities including boating, hiking (weather permitting)
- OR
- Indoor activities including Hoser Olympic celebrations (teams will compete for AMAZING prizes)

December 26 (Sat) – Boxing Day

- if the weather cooperates on Christmas Day, the Hoser Olympic celebration will take place on Boxing Day

December 27 (Sun) – Dinner out for all attending alumni and current clients

December 28 (Mon) – Movie night at Patricia Theatre

December 31 (Thu) – Junior Hockey, Powell River Kings vs. Nanaimo Clippers, 7:30 pm

Alumni are welcome to visit over Christmas and over New Years. All events, meals, transportation to off-site events, and accommodation are complimentary!

Call us toll-free at 1-866-487-9050 and let us know if you can join us in Powell River. We hope to see you there!

Thanks for Making Our Inaugural Professional Workshop a Success

A heartfelt thank you to all the professionals who made the journey to Powell River for the Robert Weiss sex addiction workshop, held September 17 & 18. This rare opportunity to learn from one of the leaders in sex addiction treatment was well attended considering that everyone who committed to the workshop actually showed up! Judging by the many questions posed to Mr. Weiss and completed written

evaluations, the topic of sex addiction is definitely an issue of growing importance for treatment professionals.



**Robert Weiss and
SCHC's Daniel Jordan**

Our Approach to Treating Sex Addiction

So why did Sunshine Coast host a sex addiction workshop? As we have known for quite some time, a large percentage of our clients enter treatment struggle with chemical and “process” addictions (a.k.a. behavioural compulsions) such as sex and gambling. Oftentimes, clients will not disclose these process addictions at the time of admission. Instead, clients who either minimize their importance and/or, due to the high stigma attached to most process addictions, will disclose only after they feel it is safe to disclose over the course of treatment.



Sexually acting out can include fantasy obsession like compulsively viewing pornography with or without masturbation, engaging in on-line cyber sex, anonymous infidelity (sex with strangers), affairs outside of committed relationships or marriages, and so on. Such behaviours become more problematic as people experience negative consequences related to their actions and continue on with these behaviours regardless. In such cases, fantasy obsession can turn into sex addiction just like problem gambling can become a gambling addiction.

During the early stages of process addiction treatment, clinical staff looks for the behaviour markers for fantasy obsession or sex addiction and then closely examines the overall driving marker of this compulsion or behaviour addiction. The main driving marker for fantasy obsession or sex addiction is the individual's tendency to substitute intensity for intimacy. Oftentimes, individuals prone to this disorder use sexual arousal as a way to mood-alter similar to the way substances are misused.

Furthermore, clients at Sunshine Coast will explore the emotional issues that perpetuate these self-destructive cycles in order to work through issues of identity, intimacy, emotional abandonment, trauma, self-esteem, and so forth. At the same time, clients stay focused on finding meaning and purpose.

An Alumnus Passing

It is with great sadness we announce the sudden passing of Michael S, 37, of Vancouver on the 6th of September, 2009. Michael was a client at Sunshine Coast from May to July of 2008 and had a talent for music, writing, and the visual arts.

When you are joyous, look deep in your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful, look again in your heart and you shall see that in truth you are weeping for that which has been your delight.

~ Kahlil Gibran

eNewsletter