

May 7, 2006

To: Aurora Area Therapists and Mental Health Workers

Fr: Aurora Monday Night meeting of Sex Addicts Anonymous (SAA)

Re: An Increasing Problem of Sexual Addiction and a 12-Step Recovery Resource

- The number of people engaging in compulsive sexual behaviors appears to be increasing; possibly fueled by tens of thousands of pornographic web sites –including extreme “specialty sites”-- triggering the “arousal templates” of susceptible individuals (Carnes).
- Sexual addiction can be hard to detect in therapy. (Schneider).
- Therapy combined with sexual recovery group participation (12-Step programs referred to as “S programs”) increases chances of recovery. (Carnes)
- Colorado has a very active “sexual recovery” community. For example, “Sex Addicts Anonymous” (SAA) alone has over 13 meetings weekly from Cortez to Ft Collins to Breckenridge. SAA is non-profit, non-denominational, and modeled after Alcoholics Anonymous.
- In addition to pornography, other examples of compulsive sexual behavior SAA members deal with include compulsive masturbation, voyeurism, anonymous sex, exhibitionism, visiting prostitutes, or fantasy or activities involving underage children, and more.
- A survey of recovering sex addicts recently showed that most of them arrived in 12 –Step recovery because their therapist told them to go. However, very often this occurred only after a crisis (a spouse discovers pornography on the computer, an arrest for solicitation, a diagnosis of an STD, dealing with sexual abuse, etc).

Please: If you suspect a client may be struggling with sexual compulsion or addiction, evaluate them or encourage self evaluation via a test located at <http://www.sexaa.org/> . Enclosed is a pamphlet concerning SAA that you can share with clients. For more information about Sex Addicts Anonymous **and a list of local meetings:**

Contact: International Service Organization of S.A.A. 1-800-477-8191 or www.sexaa.org

SAA Colorado Intergroup <http://www.colosaaintergroup.org/> or (303) 847-4980

email: info@saa-recovery.org or info@www.colosaaintergroup.org

In gratitude and service,

Sex Addicts Anonymous is a twelve-step program of recovery based on the principles of Alcoholics Anonymous. Our primary purpose is to stop our addictive sexual behavior and to help others recover from their sexual addiction. The only requirement for membership is a desire to stop addictive sexual behavior. Our fellowship is open to women and men regardless of

religion, race, ethnic background, marital status, sexual orientation, or profession. Our members define their own sexual boundaries with the guidance of their sponsors and other group members. We encourage our members to discover and explore what healthy sexuality means to them.