

## Continuing Care

Our goal for patients is long-term sobriety and well-being via self-sustaining recovery. Each patient's treatment team and Continuing Care Coordinator work together throughout treatment to identify needed resources for the patient to maintain solid recovery after treatment. Every effort is made to connect patients with those resources prior to their discharge from Talbott. We also provide six 2-day Alumni Return Visit workshops per year for patients to refresh their knowledge and commitment to recovery; meet with their treatment team to assess progress; identify areas for improvement; and to build lasting relationships with fellow alumni.

Please call our Intake Department for more information.

(800) 445-4232 or (770) 994-0185  
5448 Yorktowne Drive  
Atlanta, GA 30349  
[www.talbottrecovery.com](http://www.talbottrecovery.com)



Alan Yorker  
Coordinator

Alan Yorker, MA, LMFT, is currently the Coordinator for the Dual Addiction Program at the Talbott Recovery Campus in Atlanta,

one of the nation's leading treatment centers for addicted health and mental health professionals.

His training after receiving his graduate psychology degree at Georgia State University includes a Clinical Fellowship at the University of California San Francisco, where he initiated study to become a sex therapist. He went on to further post graduate study at the Kinsey Institute for Research in Sex, Gender and Reproduction at Indiana University, where he completed an advanced certification program.

He was a founder of the Georgia Chapter of the American Association of Sex Educators, Counselors and Therapists in 1987. He has served as Chair of the Georgia Composite Licensing Board, as well as serving the Georgia Association for Marriage and Family Therapists as its Legislative Affairs Chair for five years. He has lectured on human sexuality at Emory University for fifteen years in the Schools of Medicine, Nursing and Allied Health. He has been a licensed Marriage and Family Therapist since 1976.



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## Dual Addiction Program

*A place of new beginnings*

## Dual Addiction Program

### *A Highly Specialized Program*

#### Program Description

Talbott Recovery's Dual Addiction Program for adults provides a combination of education, individual therapy and group therapy for those struggling with both substance use disorders and compulsive sexual behavior. Recent research reveals that as many as 50% or more of people struggling with alcohol and/or drug addiction are also engaging in compulsive sexual activity which causes equal damage to health, self-esteem and relationships. As such, we have developed a highly specialized program to simultaneously address both problems. The Dual Addiction Program is gender-specific, based on the 12-Step treatment model, and involves addiction education, psychosexual education and spiritual exploration and development.

#### Treatment Process

Each patient's situation is assessed to develop an optimal treatment plan addressing each aspect of the addictive disease—alcohol and/or drugs and sexual activity and/or relationships. Each patient's treatment team consists of an Attending Physician, Case Manager/Primary Therapist, Family Counselor and Continuing Care Coordinator who specialize in treating substance addiction and sexual compulsivity and/or preoccupation.



## Talbott Recovery

### *Education and Prevention Restore Self-Esteem*

#### Treatment Phases

##### *Phase I*

Campus treatment for 8 weeks with individualized day and evening therapy for dual addictions includes 12-Step meeting attendance, addiction education and relapse prevention training. Patients will work on sobriety both from substances and undesired behaviors while they learn to restore their dignity and to eliminate shame.

##### *Phase II*

Mirror Image Therapy (a TRC innovation) for 34 days includes working with other patients to reflect their own recovery progress and to strengthen their sense of dignity and self esteem through service to others.

#### Family Program

Family therapy is an integral part of treatment as addiction impacts the entire family. We offer family therapy sessions throughout treatment and a four-day Family Workshop to provide families with information on the nature of addiction and its treatment, as well as the many forms in which addiction manifests itself, including sexual and romantic preoccupations and behaviors. Family members will engage in supportive and therapeutic counseling sessions to begin rebuilding trust and intimacy in relationships.

#### GLBTQ Process Group

The personal challenge in growth in recovery is to address all underlying issues of identity with relationships throughout treatment. Being truthful and honest with oneself and others for the first time may be a vulnerable experience. Talbott offers GLBTQ process groups that meet twice per week, led by a gay staff member. Significant others are encouraged to attend family week.



## *Treatment for Sexual Addiction*

Sexual compulsivity occurs when a normally enjoyable sexual behavior becomes an obsession. Sex, or thoughts of sex, dominate thinking, making it difficult to manage sexual behavior or engage in healthy relationships. A person becomes addicted to the neuro-chemical changes that occur in the body during sexual behavior. Individuals may engage in distorted thinking, often justifying, rationalizing, and blaming others for their behavior. Lack of control over compulsive sexual behavior or thoughts can lead to serious consequences similar to chemical addiction. Shame, low self-esteem, depression, hopelessness, despair, anxiety, moral conflict, and fear of abandonment often occur as the result of sexual compulsivity. Although the definitions of sexual addiction vary, examples of compulsive or addictive sexual behaviors may include:

- Internet pornography
- Compulsive masturbation
- Multiple affairs or partners
- Anonymous sex
- Use of prostitutes/massage parlors
- High-risk sex
- Sexual anorexia
- Cyber/phone sex

In addition, behaviors of those with sexual compulsivity or addiction include using sexual behavior to avoid feelings of anxiety, loneliness, anger, self-hatred, as well as joy, or using sex to feel validated and complete. Sexual compulsives may seek people who are unavailable or develop unhealthy dependency relationships. Generally, little satisfaction is gained from the sexual activity, and no emotional bond is formed with his or her partners. Since chemical addiction and sexual compulsivity are closely linked, the likelihood of relapse increases dramatically if both issues are not addressed during the treatment process. Our program meets the treatment needs of this unique population.

## Talbott Recovery

### *Helpful Resources*

**Patrick Carnes et al.,**

• [In the Shadows of the Net: Breaking Free from Compulsive Online Sexual Behavior \(2007\)](#)

• [The Betrayal Bond \(1997\)](#)

• [Don't Call It Love: Recovery From Sexual Addiction \(1992\)](#)

• [Sexual Anorexia: Overcoming Sexual Self-Hatred \(1992\)](#)

• [Out of the Shadows: Understanding Sexual Addiction \(2001\)](#)

**Mark R. Laaser et al.,**

• [Healing the Wounds of Sexual Addiction \(2004\)](#)

**Robert Weiss,**

• [Cruise Control: Understanding Sex Addiction in Gay Men \(2005\)](#)

**Kelly McDaniel,**

• [Ready to Heal. \(2008\)](#)

**Charlotte S. Kasl,**

• [Women, Sex and Addiction \(1990\)](#)

American Assoc. for Marriage and Family Therapy, [Family Therapy Magazine](#), Sexual Compulsivity Issue, Jan./Feb. 2010



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Contact us today  
(800) 445-4232