

# Healing Your Sexuality

## Workshop Overview

- How well do you know your sexual self?
- Have you ever really stopped and honestly examined your belief or assumptions about what you need and what you want sexually?
- Have you ever questioned what it means to be a sexual woman or a sexual man in our society?
- Have you thought about what it might mean to integrate something as complex as sexuality into our lives in a meaningful way?

These challenging questions are seldom asked, let alone answered. Yet intimacy and sexuality are major concerns for people in recovery because these areas often trigger relapse.

Although healing one's sexuality is integral to experiencing the fullness of life, many professionals lack knowledge and/or comfort when addressing sexual concerns. Further, many women and men, especially those who have been chemically dependent or abused, have not explored their beliefs and assumptions about their bodies, their sexual activities, their erotic urges, and their capacities for pleasure. The goal of this workshop is to help professionals learn how to answer questions about sexuality for themselves as well as how to better support their clients who are exploring their own sexuality during the process of healing and recovery.

## Workshop Topics

- Sexuality: What is it?  
*Sex and the family*  
*Sex and society*
- The healing process  
*Healing from addiction and abuse*  
*The inner journey*  
*The outer journey*
- Sexuality and spirituality

## Workshop Objectives

- Define sexuality
- Understand the impact of family and society on sexuality
- Increase therapeutic skills
- Discuss the relationship between sexuality and spirituality

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