

Sex and Addiction

Workshop Overview

“Alcohol is an aphrodisiac.”

“Addicted women are promiscuous.”

“Drugs can increase a man’s sexual prowess.”

This workshop explores these and other myths in order to address issues related to sexuality during recovery from addiction. Although the relationship between alcohol/drug use and sex has been clearly established, sexuality has long been a taboo topic in addiction treatment programs. However, sexuality is extremely important in recovery, because problems with intimate relationships and sexuality frequently trigger relapses. Yet, addiction recovery service providers often lack the knowledge and skills they need to be effective in this area of treatment. This workshop offers participants the opportunity to explore their attitudes and values and to increase their understanding of sexuality and sexual function as these relate to addiction and its treatment. Guidelines and handouts enable providers to incorporate material on human sexuality and addiction into their treatment programs. If desired, this workshop can be designed to focus specifically on women’s sexuality.

Workshop Topics

- Perspectives on sexuality
- Male/female physiology
- Male/female dysfunctions
- Relationship between sex and alcohol/drugs
- Taking a sex history
- Guidelines for patient/client groups
- PLISSIT/limitations
- Attitudes and myths
- Intimacy

Workshop Objectives

- Increase knowledge of sexual functioning
- Increase knowledge of counseling on sexual issues
- Examine sexual attitudes
- Practice techniques of counseling on sexual issues through role-playing and other experiential exercises

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