



May 2018 Addictions Symposium

Day 1 - Thursday, May 3, 2018



The Presenter:

Elaine Ducharme, Ph.D is a Board Certified Clinical Psychologist who has specialized in treatment of trauma and abuse for over 30 years. Working with both victims and survivors of abuse and as a coach with divorcing families, she has seen the impact of internet addictions, and in particular cybersex addictions, on both the participants and their families.

Dr. Ducharme has lectured locally and nationally on a many subjects including Parenting, Communication, Trauma, Cybersex, Anxiety Disorders, Domestic Violence and Dissociative Identity Disorder and is a frequent guest on both radio and television. Her weekly blog on WRCH, (www.wrch.com), where she is a monthly guest on their morning FM radio show, provides information on a variety of mental health issues. As Public Education Coordinator for the Connecticut Psychological Association she is a frequent contributor to local and national magazine and newspaper articles. Dr. Ducharme is often called upon to provide expert testimony to the courts on issues related to domestic violence, custody issues and trauma. Dr. Ducharme is co-president of the Connecticut Collaborative Divorce Group that works to help families emerge from

Thursday Presenter Biography & Related Program Information

the divorce process with dignity and respect.

She is the author of *Assessment and Treatment of Dissociative Identity Disorder* as well as *Must I Turn the Other Cheek*, a book about the effects of premature forgiveness on recovery from sexual abuse.

Workshop Schedule:

8:30 a.m. - 9:00 a.m. Registration & Continental Breakfast (included)

9:00 a.m. - 4:00 p.m. Workshop

12:10 p.m. - 12:50 p.m. Lunch (on site and included) and Vendor Expo

Workshop Description:

Internet addiction has become a serious mental health concern in many countries. While many individuals can engage in online behaviors with no serious consequences, there are specific pulls that lead many beyond the level of periodic pleasure to compulsive and addictive behaviors. While several of the same issues occur in terms of online gaming and gambling, this is particularly true regarding sexual activity, often referred to as cybersex.

This workshop provides in-depth information regarding the frequency of cybersex use by men, women, and teens, and information on why cybersex has been referred to as the next sexual revolution. Participants will learn the three specific reasons that make cybersex so appealing and engage in a discussion regarding whether or not these behaviors are actually an addiction. The impact of cyber sexual behaviors on the reward system will also be presented.

Participants will learn the components of assessment and current treatment recommendations for cybersex addiction. The program will also provide information on the impact of sexual addictions on the individual and family, in addition to guidelines to assist in the healing of trauma for partners confronting sexual addictions.

Learning Objectives:

This workshop is designed to help participants:

1. Describe both sides of the professional debate on whether or not internet addiction is a legitimate diagnosis and discuss implications for practice
2. Recognize and adequately describe the similarities of cybersex addiction to online gaming addiction
3. List the positive and negative effects of cybsersex
4. Discuss the impact of cybersex addiction on the reward circuitry of the brain
5. Select and utilize the appropriate components for adequately assessing cybersex addiction
6. Learn and successfully apply identified treatment techniques for cybersex addiction into their own practice