

SEX ADDICTION?
SEX DYSFUNCTION?
SEX CONFUSION?
SEXUAL ANOREXIA?

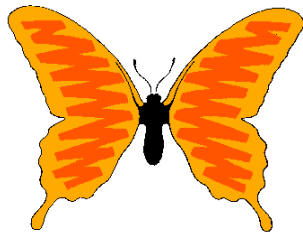
THERE IS HELP . . .

THERE IS HOPE . . .

SEXUAL FREEDOM

*Treatment for male and female sex dysfunction,
sex addiction and gender issues.*

630-653-1923



A Program of

Life Enrichment Services, Inc.

2238 Appleby Drive

Wheaton, IL 60187

RECOGNIZING A SEXUAL DISORDER

A Sexual Disorder is defined as engaging in a sexual behavior which interferes with healthy living and results in significant stress to both the individual and the family or partner. Behaviors treated in Life Enrichment Services, Inc. Sexual Dependency Program include the following:
Compulsive masturbation Cruising for prostitutes
Obsession with pornography Anonymous sex
Compulsive sexual episodes Chronic affairs
Compulsive telephone sex Child molestation
Exhibitionism and voyeurism
Dangerous and self-destructive sexual practices

**TWELVE QUESTIONS ABOUT SEXUAL
ADDICTION**

1. Do you sense that your sexual thoughts and behaviors are causing problems in your life?
2. Have your sexual thoughts and behaviors interfered with your ability to function at home, school, or work?
3. Do you fail to meet commitments or carry out responsibilities due to your sexual behavior or thoughts?
4. Do you struggle to control or stop your sexual thoughts and behaviors only to find that you fail time and again?
5. Do you spend more money than you can afford on sexual activities or on sexually-explicit materials?
6. Do you feel guilty or shameful after engaging in sexual activity or sexual fantasy?
7. Do you risk danger by not taking reasonable precautions or by going to unsafe places in order to have sex?
8. Has an important relationship in your life ended because of your inability to curtail sexual activities in or outside of that relationship?
9. Do you undress, masturbate, or engage in other sexual activities in places where you are likely to be seen by strangers?
10. Have you ever been arrested as the result of your sexual behaviors or activities?
11. Has your pursuit of sexual activities become more compulsive and ritualized?
12. Do you resort to sex to escape, relieve anxiety, or just to cope with problems?

A "YES" answer to any of these questions might indicate that a sexual addiction problem exists.

IDENTIFYING SEXUAL DYSFUNCTION

Human sexual behavior is extremely complex and multi-faceted. On the surface, the four part human sexual response looks simple enough: desire stage, arousal stage, climax stage and resolution stage. In reality, however, each of these stages can present with significant problems and dysfunctions. Then add to the picture the differences in males and females, the impact of biochemistry, biology, medication, church teaching, family up-bringing, and societal mores and messages on the human sexual response and one can readily appreciate the complexity and range of possible sexual dysfunctions. The good news is that treatment is available.

Common female dysfunctions include:

- Inability to reach orgasm (orgasmic dysfunction)
- Very painful intercourse (dyspareunia)
- Difficulty with penetration (vaginismus)

Common male dysfunctions include:

- Premature ejaculation (ejaculatory incompetence)
- Delayed ejaculation (ejaculatory inhibition)
- Impotence (erectile dysfunction)

ISD (Inhibited Sexual Desire) and **Sexual Anorexia** (sexual aversion and phobias) are found in both males and females.

UNDERSTANDING ISSUES OF GENDER IDENTITY

CROSS-DRESSING behavior presents in a variety of ways: transvestites, transsexuals, compulsive sexual behaviors of cross dressers, homophobic homosexuals, non-sexual cross-dressers, and sometimes with dissociative disorders. The desire to wear the clothing of the other sex is independent of one's sexual preference. Many gays, bisexuals and heterosexual men like to wear women's clothing in private or in public, and may even fantasize on occasion about becoming a woman. Most, however, have no desire to actually change their sex. Women also crossdress, and in larger numbers than has previously been acknowledged.

TRANSSEXUALISM is a desire to change one's sex. This condition, gender identity disorder (formerly gender dysphoria) is characterized by feelings of inappropriateness in the gender one is assigned at birth. Men and women who experience a compelling desire to rid themselves of their primary and sexual characteristics and live as members of the other sex are called transsexuals. This clash of sex and gender cause them much emotional pain, and they must ultimately deal with the issue in some way. Many transsexuals undergo the process of sex reassignment, in which they come to live as members of the opposite biologically "other" sex. Hormonal and surgical techniques make this possible, but sex reassignment is a difficult, disruptive and costly process, and must not be undertaken without psychological counseling and careful planning and a realistic understanding that medical technology has its limits.

Through the **SEXUAL FREEDOM PROGRAM**, of Life Enrichment Services, Inc. A wide array of sexual concerns are treated, including sexual addictions and compulsions, gender identity issues, recovery from sexual trauma, and sexual dysfunctions. **SEXUAL FREEDOM** began in 1979, treating sexual relationship issues, compulsive affairs and sex dysfunctions. In 1985, the Program was expanded to include the treatment of all sexual compulsions and addictions. In 1990 the Program was again expanded to address the very pressing treatment needs of the cross dresser, the transsexual and the transgendered individual, their family and friends. The Program adheres to all ethical and accepted professional standards of practice and, with transsexualism, follows the Harry S. Benjamin criteria. The **SEXUAL FREEDOM** program is directed by Cynthia A. Power, MA, LCPC, CSC, CAS, CCGC. "Cindy" has been AASECT certified as a sex counselor since 1979, and is now a Certified Sex Therapist. She is a Certified Addictions Specialist in sex addiction through the American Academy of Health Care Providers in the Addictive Disorders since 1993. She is a certified Supervisor for Sex Addiction therapists and continues to consult and train other professionals, concerning treatment for these issues in university, agency, and hospital settings.

THERE IS HELP

NUMBERS YOU SHOULD KNOW

GEA is a national clearinghouse for information about transsexual and transgender issues, located in Georgia.
www.gender.org

ASSET (American Association of Sex Educators, Counselors and Therapists). For referrals and information on any sexual issues:
1-804-752-0026

SA/S-ANON Chicagoland support groups for sex addicts, their spouses and family members:
SA: 630-415-0341
S-ANON: 630-415-3147

SEXUAL FREEDOM, a specialized program of Life Enrichment Services, Inc., for issues of sex addiction, sex dysfunction and gender identity:

PHONE: 630-653-1923
FAX: 630-653-8592
E-mail: Cynthiapower@aol.com

www.Lifeenrichmentservices.com