Sex Addiction: A Reality in Need of Treatment

by Cynthia Power

Not so long ago, the mention of someone being an alcoholic conjured up the images of a disheveled person struggling to regain his or her balance on Wells Street. Now that we know more about alcoholism we know that many functional alcoholics run successful businesses and hold leadership positions in every level of our society. Interestingly, sexual addiction can also manifest in diverse populations. In the early nineties, suggesting that an individual had issues with sexual addiction brought up either titillating laughter with knowing winks, or images of someone having compulsive sex all day. Yet research conducted by physicians, psychologists, and other therapists who treat clients struggling with sexual addiction know it is a clinical impairment that is not limited to any one socio-economic, gender, generational, religious, or cultural group. Compulsive sexual behavior can and does impair the individual’s ability to lead a successful, productive life.

Consider the following case:

A 35-year old female lawyer has had almost constant affairs during her 10-year marriage. Her therapist urges her to look at possible sex addiction treatment, which she strongly resists. She is “too busy” to take time off for that (although she can easily make time to meet a sexual partner). On the computer, she becomes involved with a number of men in chat rooms. Often up to 5 a.m. “chatting,” she finds herself exhausted at work, unprepared for trials, and causing irreparable damage to her marriage.

While many theories abound regarding sexual addiction, the actual diagnosis of sexual addiction is best determined by clinicians trained to treat the disorder. At Resurrection Behavioral Health-Addiction Services, we are using the 10 criteria for diagnosing sex addiction based on the noted research of David Wines. In a research study he conducted on recovering sex addicts, 85 percent of his subjects met at least five of the criteria, and 52 percent met seven or more.

Sex Addiction Criteria

- Recurrent failure to resist sexual impulses to engage in problem sexual behavior
- Frequently engaging in those behaviors to a greater extent, or over a longer period of time than intended
- Persistent desire or unsuccessful efforts to stop, reduce, or control those behaviors
- Inordinate amounts of time spent in obtaining sex, being sexual, or recovering from sexual experiences
- Preoccupation with sexual behavior or preparatory activities
- Frequent engaging in the behavior when expected to fulfill occupational, academic, domestic, or social obligations
- Continuation of the behavior despite knowledge of having a persistent or recurrent social, financial, psychological, or physical problem that is caused or exacerbated by the behavior
- Need to increase the intensity, frequency, number, or risk level of behaviors to achieve the desired effect; or diminished effect with continued behaviors at the same level of intensity, frequency, number, or risk
- Giving up or limiting social, occupational, or recreational activities because of the behavior

(continued on page 2)
Sex Addiction
(continued from page 1)

• Distress, anxiety, restlessness, or irritability if unable to engage in the behavior

While sexual addiction can stand as a single diagnosis, often patients in treatment for chemical dependency also experience problems with compulsive sexual behavior. To better address these multiple addictions, Resurrection Behavioral Health-Addiction Services has developed a new outpatient program for sexual addiction.

The Addiction Interaction Disorder (AID) Program is designed to help patients struggling with sexual addiction by providing structure and a support system in the process of early recovery. The core recovery materials used in the program are Patrick Carnes’ task-centered workbook, Facing the Shadows, and his innovative Recovery Start Kit, with its focus on the first 130 days of recovery.

The AID program is an intensive outpatient level of care, which begins with a one-week intensive course. This is followed by five weeks of three-hour sessions per week. The course provides treatment for problems related to:
• cybersex;
• pornography;
• phone sex;
• anonymous sex;
• sexual massage;
• prostitutes;
• multiple affairs;
• one-night stands; or
• adult bookstores.

For more information about Resurrection’s Addiction Interaction Disorder Program, please call the Professionals Program at 847/493-3500.

Cynthia Power is the program therapist for the Resurrection Behavioral Health-Addiction Services Addiction Interaction Disorder Program in Oak Park, Illinois.

Internet Sex Screening Test

Please respond “Yes” to the items that apply to your behavior and “No” to the items that do not apply. Data is still being collected so there are no cut-off scores to indicate whether or not you have a problem with Internet sex. However, the more “Yes” responses, the more likely there may be a problem. If you are concerned about your Internet sexual behavior, please seek professional help.

____ Yes  ____ No I have some sexual sites bookmarked.
____ Yes  ____ No I spend more than 5 hours per week using my computer for sexual pursuits.
____ Yes  ____ No I have joined sexual sites to gain access to online sexual material.
____ Yes  ____ No I have purchased sexual products online.
____ Yes  ____ No I have searched for sexual material through an Internet search tool.
____ Yes  ____ No I have spent more money for online sexual material than I planned.
____ Yes  ____ No Internet sex has sometimes interfered with certain aspects of my life.
____ Yes  ____ No I have participated in sexually related chats.
____ Yes  ____ No I have a sexualized username or nickname that I use on the Internet.
____ Yes  ____ No I have masturbated while on the Internet.
____ Yes  ____ No I have accessed sexual sites from other computers besides my home.
____ Yes  ____ No No one knows I use my computer for sexual purposes.
____ Yes  ____ No I have tried to hide what is on my computer or monitor so others cannot see it.
____ Yes  ____ No I have stayed up after midnight to access sexual material online.
____ Yes  ____ No I use the Internet to experiment with different aspects of sexuality (e.g., bondage, homosexuality, anal sex, etc.)
____ Yes  ____ No I have my own website which contains some sexual material.
____ Yes  ____ No I have made promises to myself to stop using the Internet for sexual purposes.
____ Yes  ____ No I sometimes use cybersex as a reward for accomplishing something (e.g., finish a project, stressful day, etc.)
____ Yes  ____ No When I am unable to access sexual information online, I feel anxious, angry, or disappointed.
____ Yes  ____ No I have increased the risks I take online (give out name and phone number, meet people offline, etc.)
____ Yes  ____ No I have punished myself when I use the Internet for sexual purposes (e.g., time-out from computer, cancel Internet subscription, etc.)
____ Yes  ____ No I have met face to face with someone I met online for romantic purposes.
____ Yes  ____ No I use sexual humor and innuendo with others while online.
____ Yes  ____ No I have run across illegal sexual material while on the Internet.
____ Yes  ____ No I believe I am an Internet sex addict.

Source: www.sexhelp.com
The Meadows®
Confidential & Caring Treatment

The Meadows, located in Wickenburg, Arizona, is a multi-disorder facility specializing in the treatment for and recovery from toxic and abusive living:

- Addiction to alcohol and drugs
- Compulsive behaviors such as eating, gambling, work, sex, love addiction/avoidance and codependence
- Mood disorders including bipolar disorder and depression
- Anxiety disorders including post-traumatic stress disorder, obsessive-compulsive disorder and panic disorder

Mellody House
Extended Care for Trauma

Mellody House represents the fulfillment of a longstanding goal of The Meadows to create an on-campus extended-care facility to provide ongoing care with a focus on trauma resolution. Mellody House offers supplementary treatment and care for clients who desire to augment and safeguard their recovery.

Dakota
Extended Care for Sexual Recovery

Dakota, an extended-care facility for sexual disorders, provides continued care with a focus on trauma resolution, 12 Step traditions, and the holistic healing of mind, body and spirit.

Texas
Extended Care for Addiction & Trauma

At The Meadows Texas, clients continue the healing process with individually designed treatment plans grounded in The Meadows’ model of core issue work, coupled with relational healing and trauma resolution. Our treatment team works with each client to develop an ongoing recovery plan using carefully selected treatment modalities.

For more information:
800-MEADOWS
(800-632-3697)
themeadows.com
mellodyhouse.com
themeadowsdakota.com
themeadowstexas.com
Etiology and Treatment of Compulsive Sexual Behavior
by Betsy Williams

Sexual behavior is defined as problematic, or a disorder, if the behavior causes marked distress or interpersonal difficulty or impairment in social, occupational, or other important areas of functioning. The Diagnostic and Statistical Manual, Fourth Edition, TR (DSM-IV TR) (text revisions to DSM-IV done in May 2000) is the standard classification system of mental disorders used by mental health professionals. DSM-IV TR lists a number of sexual disorders including frotteurism, voyeurism, sexual masochism and sexual disorder, not otherwise specified.

More recently the term “sexual addiction” has been used both by non-professionals as well as some health professionals to describe behavior of a person who has an unusually intense sexual desire, obsession, or preoccupation with sex. Sexual behavior that is in some sense out of control may also be referred to in the literature as compulsive sexual behavior. While the term “sexual addiction” is not a current DSM-IV TR diagnostic term, it’s become more and more a part of general discourse about people with this type of sexual problem. The addiction model has been helpful in the treatment of patients with compulsive sexual behaviors.

The literature suggests that a number of factors may be involved in the etiology of these disorders. Further, different etiological mechanisms may be associated with different patterns that share two key features of addictive behavior: a recurrent failure to control the sexual behavior and a continuation of the behavior despite harmful consequences (Bancroft and Vukadinovic 2004). Problems in childhood, in particular the relational issues between primary caregiver and the child, have been associated with compulsive sexual behavior. The absence of good parenting is also thought to contribute. Early life trauma, particularly of a sexual nature and by trusted figures of authority, has also been reported in these patients. Low self-esteem, shame, interpersonal difficulties, and maladaptive coping mechanisms are all predictable consequences. Other factors thought to contribute include genetic factors such as a positive family history for addiction, neurochemistry, and the relationship of other comorbid disorders such as depression, anxiety, obsessive compulsive disorder, and other addictions. There is empirical evidence that suggests that patients who are sexual addicts also are at high risk for having other addictions. These include chemical dependency as well as pathological gambling.

As is implied by the varied nature of both the behaviors and the causes of compulsive sexual behavior, effective treatment often requires a multidisciplinary and multimodal approach that recognizes the complexity of the etiology and issues of comorbidity. A first step in the process is a comprehensive evaluation. Optimally this should be conducted by a multidisciplinary team and should include clinical interviews, a thorough alcohol and sexual history, psychiatric evaluation, psychological testing, collection of collateral data, as well as a comprehensive history and physical examination to rule out any organic cause of the disease. Rarely, endocrine disorders or central nervous system diseases, such as dementia, brain tumor or infection, can cause a change in sexual behavior. Persons who have had several sexual partners should be checked for HIV infection and other sexually transmitted diseases. This comprehensive approach is critical to proper diagnosis and treatment.

The treatment of professionals with behavioral disorders is often a specialized practice. This is, in part, because of the complex set of issues that arise. Frequently these are related to abrogation of their stewardship of clients’ cases as well as ethical and regulatory issues. In addition, professionals are highly educated and have a unique set of personal, professional, and social stressors.

Depending on the philosophy and orientation of the treatment program, early treatment may include insight-oriented work as well as education about addiction in general and sex addiction in particular. A combination of group and individual therapy, as well as introduction to 12-step programs and to mutual-help meetings often occurs in the early phases of treatment. Other psychoeducational components may include developing improved emotional competency, communication, interpersonal, assertiveness, and coping skills. Specialized approaches such as Eye Movement Desensitization and Reprogramming (EMDR) are often incorporated into treatment when there is a history of trauma. Medication management may also be part of the treatment regimen. If possible it is helpful to include family therapy. One approach that has been used for particularly difficult and risky sexual disorders is aversion therapy. In such therapy the object or focus of the sexual behavior is paired, in a controlled environment, with an aversive stimulus.

Those specialized in the treatment of professionals such as lawyers and judges can effectively help these patients deal with the complex array of problems that may arise from difficulties with administrative and regulatory
Experience life as the spiritual adventure it’s meant to be.

Be part of Hazelden’s first-ever retreat for lawyers, judges, and law students.

Awaken to the spiritual solutions present in everyday living. Hazelden’s Dan Anderson Renewal Center presents “Spiritual Discovery: Building an Unshakable Foundation for Lawyers, Judges, and Law Students.” Inspiring presentations, group discussions, and ample time for personal reflection are all part of this unique retreat experience.

Join us November 9–13 at Hazelden’s Dan Anderson Renewal Center in Center City, Minnesota

For more information about “Spiritual Discovery” or to reserve your place, please call Hazelden’s Dan Anderson Renewal Center at 800-262-4882.

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction. Built on decades of knowledge and experience, Hazelden offers a comprehensive approach to addiction that addresses the full range of patient, family, and professional needs, including treatment and continuing care for youth and adults, research, higher learning, public education and advocacy, and publishing.

Etiology and Treatment

(continued from page 4)

agencies, employers, partners, clients, as well as family. While managing these stressors, the treatment facility can help facilitate the patient’s recovery from their behavioral disorder and return to the community. Another primary benefit of these specialized programs is that the therapeutic community consists of like individuals struggling with similar difficulties, backgrounds, educational histories, and stressors.

An important issue facing a professional who has a sexual behavior disorder is returning to the community, and where possible, to the profession. The transition from the therapeutic community to family, work, and society is a difficult step. Structuring appropriate supports and safeguards is a critical task that the treatment facility must manage as a partner of the patient and professional lawyer assistance programs. Aftercare plans typically include continued individual therapy, group participation, marital therapy, attendance in mutual support meetings, participation in self-care activities, close monitoring, and follow up.

Mental health specialists work with individuals who exhibit compulsive sexual behaviors. There are many behavioral disorders and many potential causes of such disorders. Sexual addiction is not currently a recognized disorder in the DSM-IV TR, but the term is often used to describe uncontrolled sexual behavior. Treatment approaches vary for those who suffer from sexual behavior disorders and often several approaches are used in combination for an individual patient. Treatment of professionals, including lawyers, is often most effectively addressed in treatment facilities that specialize in the treatment of professionals. The first step in the process is often a comprehensive assessment followed by treatment. After treatment, it is critically important to have a comprehensive aftercare plan in place that includes ongoing therapy, monitoring and support. Assistance programs such as lawyer’s assistance programs work with the facility and patient in establishing and maintaining the aftercare plan, providing support and advocacy. This helps facilitate the transition back to work and family. Recovery is a process that requires life-long commitment.

Betsy Williams, PhD, MPH, is the clinical program director of the Professional Renewal Center in Lawrence, Kansas.
Chair’s Column
by Honorable Robert L. “Butch” Childers

I am delighted to report that president-elect Tommy Wells reappointed me to the position as chair of the ABA Commission on Lawyer Assistance Programs (CoLAP) for a second year. I enthusiastically accepted without hesitation. As chair, I am pleased to announce the 2008-2009 presidential appointments to CoLAP and its Advisory Commission.

In order to draw on the expertise of new people, we need to say goodbye and thank you to those who have completed their terms. Actually, we seldom say goodbye because we continue to encourage active participation of those who wish to contribute as a member of one of our committees.

A sincere thank you is extended to: W. Terry Sherrill, Charlotte, North Carolina; Barbara F. Smith, Albany, New York; Richard B. Vincent (retired and resigned earlier this year), Baltimore, Maryland; and Bonnie Waters, Needham, Massachusetts, former commissioner, who was appointed by President Neukom to fill Richard’s vacancy. These dedicated individuals made great contributions on behalf of CoLAP to educate the profession about the importance of health and well-being of lawyers from all ethnic and racial backgrounds. They will continue to serve lawyers and their families in the identification of stress, depression, and addictions in order to save lives and careers of the exceptional people in our profession—beginning in law school and continuing through retirement.

I have great respect and admiration for those commissioners who have been reappointed by president-elect Wells. It is my pleasure to congratulate and welcome back: Frederick (Rick) B. Allan Jr., Lincoln, Nebraska; Hugh G. Grady, Des Moines, Iowa; Betty Daugherty, Jackson, Mississippi; James O. Haing, Riverside, California; Orgena Lewis Singleton, Houston, Texas; and James E. Smith Jr., Little Rock, Arkansas (site of the 2008 National Conference for Lawyer Assistance Programs).

Newly appointed commissioners are: George H. Hetrick, Joan M. Bibelhausen, and Janet Piper Voss. They were all former members of the Advisory Commission and recognized by their state Lawyer Assistance Programs for their exceptional efforts and years of service at the state and national level (please read their bio on page 12).

We strive to have a balance of practicing lawyers; LAP clinical staff; recovering and non-recovering members; with representation from the judiciary, academia, and special populations. Appointments to the Commission and Advisory Commission are made annually. Individuals are encouraged to seek appointment or to nominate others. I make recommendations as well, which is difficult with so many qualified and dedicated people from whom to choose. The final decision is that of the president-elect.

Three positions became available on the Advisory Commission with George, Janet, and Joan moving up to the Commission. In addition, our friends rotating off the Advisory Commission include Michael J. Cohen, William R. Leary, Timothy Denison, and Joyce W. Funches. I invite them all to continue their participation in a way that interests them.

Those reappointed to the Advisory Commission for another year are Ian Aikenhead, Vancouver, BC; Alfred (Cal) W. Baker Jr., Houston, Texas; Leah M. Briick, Wickenburg, Arizona; Robin Fernandez McCown, Atlanta, Georgia; Andrea L. Rocaneli, Wilmington, Delaware; Laura Gatrell, Nashville, Tennessee; Terry L. Harrell, Indianapolis, Indiana; and Janis Thibault, Sacramento, California. And the newly appointed Advisory Commission members are Charles W. Beinhauer, Stephanie L. D’Andrea, Michael E. Larson, Jeanne Marie Leslie, Jayne Mahboubi, and Michael J. Murphy (please read about our new members on pages 12 and 14).

As ABA policy states, all ABA meetings should be open meetings. This allows us to benefit from the experienced past members and learn from the new appointees—and open our doors to others interested in creating a healthier profession. In addition, we regularly have a joint meeting with the ABA Standing Committee on Substance Abuse, have appointed a liaison to their committee and the ABA Journal, co-sponsor Reports to the House and programs, and provide authors and articles to Sections and Divisions.

I would like to thank president-elect Tommy Wells, soon to be ABA president, for the thought he put into the appointments to CoLAP and its Advisory Commission. In addition, Gene Vance was assigned to review our Entities and all nominations and explained the focus of Tommy Wells. If you had requested an appointment and were not selected this year, please continue to participate. We are blessed with a wealth of talent, but have a limited number of many more people than the ten-member Commission and fifteen-member Advisory Commission. If you are interested in contributing, we will find a spot for you.

I would also like to extend a warm welcome back to CoLAP’s Past Chair, Richard A. Soden. As a member of the ABA Board of Governors, he has been assigned as our board liaison. In addition, Minnya Maskal has completed her law school education (with the bar exam in her future) and will no longer serve as CoLAP’s Liaison from the Law Student Division. We are fortunate to have Brett Galaher take her position. Brett specifically requested CoLAP, because she had worked with us from July through August 2005 as an intern and believes that CoLAP is one of the most important Commissions of the ABA. You will receive more information on Brett following the ABA Annual Meeting, when she will assume her new liaison responsibilities.

At CoLAP’s Spring Meeting in Memphis, Tennessee, my hometown, I appointed two new committees, which will be able to report in the next issue. One team was created to review the multi-tier sponsorship plan draft, and a second to gather information on how our Baby Boomers and others will know it’s time to retire—a list of things to be self-aware of (speed of reading or research, hearing issues, stamina, keeping up with changing law, or court rules). The Law School Assistance and Judicial Assistance Committees both met and had extremely productive sessions. Other committees that met in Memphis were Life Balance, LAP Survey, National Conference Planning, and Publications. We reviewed our budget, voted to reduce the number of meetings, continued discussion on the Model Rule on Conditional Admission, and determined how we might work with the American Psychiatric Association.

Finally, beginning with the fall issue of Highlights we will introduce a new design and each issue will have a theme related to the work of lawyer assistance programs and work–life balance in the profession. I’d like to thank Hugh Grady, Angela Gwizdala, and Gail Thompson for their ongoing efforts to improve the quality of our newsletter.
Specializing in Treatment for:

- Substance Dependence
- Dual Diagnosis
- Other Co-Existing Addictions
- 5-Day Evaluation for Professionals
- 6-8 Week Relapse Track

For more information: 1-800-203-6612
www.palmettocenter.com
Looking Back on Memphis

Our very special thanks to . . .

La Paloma
Cumberland Heights
Bradford Health Services, Inc.
The Orchid

The law firms of

Wyatt, Tarrant & Combs, LLP
Shuttleworth Williams
and the Memphis Bar Association
for sponsoring events at the ABA CoLAP Spring Meeting held in Memphis, Tennessee May 12–15, 2008.

To the members of the Memphis host committee . . .

Andy Branham
Ami Kelley
Mark Vorder-Bruegge
Ken Shuttleworth
Linda Warren Seely
Bill Robilio
Teresa Jones
Trent Hall
Kent Cox
Elizabeth Collins
Susan Wilson

Thank you for making the Commission and Advisory Commission members welcome. You are certainly a gift to us!

Looking Ahead to Little Rock

ABA CoLAP 21st National Conference for Lawyer Assistance
October 21–24, 2008
Peabody Hotel
Little Rock, Arkansas

To book your hotel, call 800/732-2691.
For online Conference registration visit: www.abanet.org/legalservices/colap/

Little Rock Convention Bureau: www.littlerock.com
ILAA website: www.ilaa.org/pages/home/

Exhibitors to date

Bradford Health Services
Caron Treatment Center
Cumberland Heights
Fairbanks LaVerna Lodge
FirstLab
Hanley Center
Hazelden
Keystone Center
La Paloma Treatment Center
The Meadows
The Menninger Clinic
Palmetto Addiction Recovery Center
Pine Grove Behavioral Health Services
Resurrection Behavioral Health Addiction Services
The Retreat at Princeton
Ridgeview Institute
Rosecrance Health Network
Sante Center for Healing
Talbott Recovery Campus
Valley Hope Association
Williamsburg Place/William J. Farley Center
Pine Grove is known as one of the nation’s most comprehensive treatment campuses. Since 1984, Pine Grove has specialized in the treatment of physicians. Today, we provide separate inpatient units for adult psychiatric treatment, adult alcohol/drug treatment, and child/adolescent treatment.

Additionally, we offer several highly specialized programs: Gentle Path – Treating sexual addictions, Next Step – Helping men regain freedom from the disease of chemical dependency, The Women’s Center – Featuring individual residential treatment programs for eating disorders and chemical dependency, Professional Enhancement – Serving professionals struggling with interpersonal relationships.

Located in Hattiesburg, Mississippi, Pine Grove is an extension of Forrest General Hospital, a non-profit, 512-bed regional medical center offering specialties found at most major medical facilities.

For one life with many seasons, Pine Grove is one place with many solutions. To learn more, please call 1-888-574-HOPE or visit www.pinegrovetreatment.com.

---

Additional Resources on Sexual Addiction

Sexual Compulsives Anonymous  
www.sca-recovery.org

Sex Addicts Anonymous  
www.sexaa.org/index.htm

Sexaholics Anonymous  
www.sa.org

Sex and Love Addicts Anonymous  
www.slaafws.org

S-Anon (12-step program for those affected by the compulsive sexual behavior of others) 
www.sanon.org

COSA (12-step program for those affected by the compulsive sexual behavior of others)  
www.cosa-recover.org
Asked and Answered

by Ann Foster

Snapshots of LAP Money and Staffing Issues

How are LAPs funded?
LAPs have a variety of funding sources: state or local bar associations, state’s highest court, state bar membership special assessments, client security funds, malpractice insurance carrier grants, private source donations, monitoring fees, disciplinary board contributions, conference fees, or a combination of two or more of the above.

How are LAPs staffed?
Forty-three states have professional full-time or part-time directors. Twenty-five of these states employ one or more additional staff members.

Seven states (Alaska, North Dakota, Rhode Island, South Dakota, Vermont, West Virginia, and Wyoming) and Puerto Rico have an EAP (employee assistance program) service provider, non-director staff, or volunteer committee members fielding calls.

Alberta, British Columbia, Ontario, Quebec, and Saskatchewan have directors while the Manitoba, Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island programs are staffed by volunteers.

And across the pond, England, Wales, and Scotland are collectively represented by a director. Ireland relies on stalwart volunteers.

What about LAP director salaries?
The last salary survey (2006) revealed that full-time LAP director’s salaries range from US $42,000 to $127,720. The survey also revealed a range of benefits associated with these salaries: medical and dental insurance; retirement plans; 401K and 457 plans; disability insurance; car allowances; licensing and CLE/CEU fees; liability insurance; longevity bonuses; and vacation, sick, and personal days. One LAP director reported receiving no benefits beyond an $80,000+ salary.

Caveat: Beware of salary comparisons without considering differences in cost of living from state to state.

Ann Foster recently received her master’s degree in counseling from St. Edward’s University in Austin, Texas. She is the director of the Texas Lawyers Assistance Program and the State Bar of Texas Employee Assistance Program.

Caveat: Beware of salary comparisons without considering differences in cost of living from state to state.

Around the LAPs

Thank you to the LAPs that send information for inclusion in this section of Highlights. If you would like your LAP news included in our next issue, please send to Hugh Grady at hughgrady@mac.com.

Ontario: The Women’s Work and Wellness Luncheon Series held another session on May 30, 2008, where Pilates coach, osteopath, and registered massage therapist, Jan Murray introduced participants to her Pilates-O program and explained how some very small steps can make a very big difference. This regularly held luncheon for women lawyers is an opportunity to network and provides strategies for maintaining balance while managing a stressful legal career. About twenty women lawyers participate in each session.

—Catherine Hendrick

Oregon: Summer has finally arrived in Oregon, but the Oregon Attorney Assistance Program (OAAP) counselors are finding time to plan for fall groups and expand their knowledge base. Meloney Crawford Chadwick—who just passed the certification exam for Certified Gambling Addiction Counselor, Level II—recently attended the Annual Conference of the National Council on Problem Gambling. At the end of July, Doug Querin and Meloney will attend the

(continued on page 11)

Case Law Corner

Kentucky Bar Assn. v. Martin 205 S.W. 3d 210 (Kentucky 2006)

Martin had been convicted of sexual assault in two separate cases after he attacked one of his employees and a former client. After a hearing, the trial commissioner recommended that Martin be required to undergo aggressive therapy, with supervision by the Kentucky Bar Association, for at least two more years and that a period of suspension was necessary in light of the gravity of the offenses and demonstrated pattern of conduct. Although the court recognized that the conduct was related in part to Martin’s mental health issues, for which he was receiving treatment, the court determined that the victimization of a law office employee and a client through criminal behavior warranted a more severe sanction then had been recommended.

In his report, the trial commissioner recommended that Martin be required to undergo aggressive therapy for at least two more years. Martin’s treatment up to that point had been extensive—including group therapy sessions, weekly individual therapy specialized for sexual addictive behavior and treatment with a psychiatrist for medication management. Prior to this regimen of treatment Martin had attended an inpatient facility specializing in treatment of professionals with sexually related mental disorders. However, Martin left treatment against the recommendation of the facility, allegedly due to the unavailability of funds.

In considering the imposition of a more severe sanction than recommended, the court noted that Martin’s crimes were directly related to his practice and demonstrated an inappropriate leverage of power and authority over his victims. Had the ethical violations not been directly related to his law practice or less criminal, the court noted that a lesser sanction would have been appropriate.

(continued on page 11)
Around the LAPs
(continued from page 10)

Northwest Institute of Addictions Training. Shari Gregory is planning another session of her popular group, “Peace and Productivity for Busy People,” and Meloney and Shari are collaborating on a group for law students, focusing on project management. Doug and Meloney are preparing for a fall group entitled “Sustaining Recovery,” which will address relapse prevention and growth in recovery. Finally, on July 14, 2008, Meloney gratefully celebrated twenty years of recovery.

—Meloney Crawford Chadwick, Attorney Counselor

Wisconsin: Linda Albert, the new program coordinator is quickly getting initiated into the world of LAPs. The Wisconsin Lawyers Assistance Program (WisLAP) is working in conjunction with the Wisconsin Office of Legal Regulation and the Board of Bar Examiners in the development of a support and monitoring program for impaired attorneys. Protocols are being written and a petition to the Supreme Court is being worked on to provide a rule for both confidentiality and immunity for all WisLAP program activities.

The WisLAP Committee confirmed that the program should continue to engage in interventions for impaired professionals. The committee also wrote a position paper on conditional admissions and presented it to the Board of Governors. The Board of Bar Examiners has petitioned the Supreme Court asking for conditional admission for Wisconsin lawyers, however there was no provision for confidentiality. WisLAP wrote to support the petition but only if it includes confidentiality for conditionally admitted attorneys.

The program started a new Law Student Support Group at the University of Wisconsin (UW), Madison Law School. The group meets to provide law students with support, education, and resources for addressing mental health, addictions, or stress-related problems while working on their degree. The group also introduces law students to the WisLAP program so they can continue to utilize the program throughout their career or retirement.

New law student brochures and bookmarks were printed and are now ready for both UW Madison and Marquette law students.

The program has several CLE presentations scheduled addressing mental health, addictions, the developmental needs of attorneys, and the newly titled "Safe Lawyering: Protecting Yourself against Ethical, Emotional and Professional Disasters.” Linda has also been asked to present in several classes being taught both at Marquette and Madison law schools.

Linda sends her appreciation to the other CoLAP directors who have provided her with needed information and shared resources. Aside from the legal profession utilizing another language, leaving her lost in acronyms, things are going well!

—Linda Albert
New Appointments

NEWLY APPOINTED COMMISSIONERS

George H. Hettrick, Richmond, Virginia—Since 1990, George has been an active member and former chair of the Virginia Bar Association Substance Abuse Committee and a member of the Board of Directors of its successor agency, Lawyers Helping Lawyers, and the Virginia Lawyer Assistance Program. He has extensive experience in all aspects of LAP responsibilities including education, investigations, intervention, monitoring, and advocacy. In addition to helping impaired lawyers in Virginia, as a partner in a 1,000 member firm, he is responsible for management of lawyer substance abuse and other mental health issues in numerous firm offices including New York, Washington D.C., Atlanta, Miami, Charlotte, Raleigh, Dallas, and Richmond and coordination of appropriate services through LAPs in several state jurisdictions. He is a frequent speaker on addiction to alcohol and other drugs at many state and local bar forums and law schools. He was the recipient of the Virginia Bar Association James R. Treese Award for leadership and service to the bar and to lawyers suffering from addiction. He has written and been published on the subject of addiction and recognizing the signs of lawyer impairment. He has taken on the assignment of outreach to large law firms, which is one of CoLAP’s goals of marketing the state LAPs to law firms that might not be aware of this service.

Joan M. Bibelhausen, St. Paul, Minnesota—Joan is executive director of Lawyers Concerned for Lawyers in Minnesota. She received her J.D. from the University of Minnesota Law School and has significant additional training in the areas of counseling, mental health and addictions, diversity, employment issues, and management. Joan had assumed many responsibilities of a commissioner because her services were required. As a member of the Advisory Commission, Joan filled the liaison position to the Midwest Regional Lawyer Assistance Programs, an assignment normally given to a member of the Commission. This role requires that the commissioner serve as the mentor or advisor for those states in the region. She has been and still is a member of CoLAP’s National Conference for Lawyer Assistance Programs Planning Committee and chairs the newly-created Education Committee. In this capacity, she is required to coordinate with all CoLAP committees that are considering a seminar or program as one of their deliverables. She reviews other ABA Entity programs to determine if CoLAP has something to offer as the expert in the field of work–life balance and lawyer health and well-being. Joan has spoken and written on career and life balance and satisfaction, stress, diversity, marketing, and other issues of concern to the legal profession. This year, she represented CoLAP at the Equal Justice Conference in Minnesota. She has helped with outreach to other organizations, such as the National Association of Legal Assistants by providing an article for their national magazine. She is a founding member and previous chair of the Minnesota State Bar’s Life and Law Committee. She served as the assistant dean for career services at William Mitchell College of Law, and prior to law school she co-founded and worked for a women’s crisis center.

Janet Piper Voss, Chicago, Illinois—Janet is the executive director of the Illinois Lawyers Assistance Program and has kept very busy with the new continuing legal education (CLE) requirement in the state of Illinois. It is her responsibility along with a part-time clinician to teach the CLE classes on substance abuse and mental health throughout the state. While serving as a member of CoLAP’s Advisory Commission, like Joan Bibelhausen, she had assumed a commissioner role, because her services were needed. For her first two years on the Advisory Commission, she was the CoLAP liaison to the Midwest Region of Lawyer Assistance Programs. In this position, she organized three regional LAP Directors’ Meetings in connection with the ABA Chicago Midyear and Annual Meetings. She has been an active member of CoLAP’s National Conference Planning Committee, and has spoken at several as an expert. She developed a promotional brochure and training manual for the Illinois Judicial Outreach efforts. The quality of her work resulted in an appointment as chair of the ABA CoLAP’s Judicial Initiative Subcommittee on Networking. She is leading the effort in developing a database of individuals, organizations, and institutions specifically focused on judicial assistance. In the future, she hopes to expand this to include recovering physicians for those judges uncomfortable talking to their peers about stress, depression, or addictions. Janet’s past experience included working closely with Terry Gorski, a pioneer in the field of relapse prevention therapy, as administrator of the Relapse Prevention Program. She was director of a halfway house for women in the Chicago area, and currently serves as a volunteer on their board.

NEWLY APPOINTED ADVISORY COMMISSION MEMBERS

Charles W. Beinhauer, Buffalo, New York—Chuck is currently chair of the Bar Association of Erie County Elder Law Committee and member of the Surrogate’s Court Practice and Procedure Committee, Lawyers Helping Lawyers Committee, and their Speakers’ Bureau. He is a past chair of the Lawyers Helping Lawyers Committee and the Speaker’s Bureau. Chuck is also active in the New York State Bar Association Committee on Lawyer Assistance Programs and has served as the secretary and chair of that committee. He is a trustee and currently vice chair of the New York Lawyer Assistance Trust. He is a partner in the firm of Pfalzgraf Beinhauer & Menzies LLP in Buffalo, which specializes in estates, trusts, and elder law. He has attended several CoLAP National Conferences, participated as a speaker, and assisted in planning the 2000 National Conference in Niagara Falls.

Stephanie L. D’Andrea, West Palm Beach, Florida—Stephanie was first introduced to CoLAP as an exhibitor at our National Conference for Lawyer Assistance Programs. She has worked with several peer counseling programs and was impressed with the work being done by the LAPs. She has been a regular attendee at CoLAP business meetings and has since been appointed to the Publications Board and Newsletter Editorial Board. Her marketing skills and expertise in advertising and publications will provide needed support to the Commission’s newly organized boards. We are hopeful that she will be part of the team that further develops CoLAP’s non-dues revenue program. Stephanie recently joined the staff of Orchid Recovery Center for Women in West Palm Beach, Florida. Her belief in holistic healing and broad knowledge of addiction as a disease affecting individuals and families, as well as her passion for recovery will be valuable in her work with CoLAP.

Michael E. Larson, Dillon, Montana—Mike is one of our newer directors of a Lawyer Assistance Program, having been hired by the State Bar of Montana in late 2006. In February 2007, Mike joined CoLAP at the ABA Midyear Meeting in order to begin his (continued on page 14)
ABA Council on Racial & Ethnic Justice
Election Protection Project
Election Day Legal Volunteers Needed

The Lawyers’ Committee for Civil Rights Under the Law in conjunction with the ABA Council on Racial & Ethnic Justice and the Section of Individual Rights are seeking volunteer lawyers, law students, and paralegals to ensure that our most fundamental right as citizens – the right to vote – is not infringed upon in the 2008 November election. Expected problems with voting include dissemination of misinformation by poll workers, problems associated with voting machines (including new electronic ones), and potential intimidation of voters in minority communities.

Although the program is designed to help protect all voters, it is targeting communities with large Asian, Hispanic, African American, and Native American populations. **Volunteer lawyers and law students are needed to serve as on-call-response attorneys and poll monitors on Election Day.** All volunteers will receive information regarding specific training in your area. Lawyers and law students will volunteer for half-day or full-day shifts at designated local command centers and will respond to any problems as they arise on Election Day in the targeted minority districts. Bilingual speakers are especially encouraged to volunteer.

For additional information on how you can become a volunteer. Please contact Rachel Patrick, Director, ABA Council on Racial and Ethnic Justice, patrickr@staff.abanet.org, (312/988-5408)

*The Election Protection Program is a non-partisan effort and is not affiliated in any way with any candidate or volunteer.*

---

**Volunteer Contact Information**

Please Print:

Name: ____________________________

Organization: ______________________

Address: __________________________

City, State, Zip: ____________________

Phone: __________________ Fax: ______

Email: ____________________________

Please return to:
Deidra Franklin • Fax: 312.988.5647
dfranklin3@staff.abanet.org
New Appointments
(continued from page 12)

work at a run. Since that first meeting he has become a regular attendee and an active participant in our committees. He brought a new perspective to CoLAP’s strategic planning meeting in March of 2007, which was held to determine how the Commission could best serve the LAPs. He is currently working with other new directors as well as established directors in creating an orientation packet, which will address the questions and provide resources for directors of new programs. Mike brings the knowledge of recovery and seven years as a chemical dependency counselor, along with almost seven years of practicing law. Because Montana is surrounded by three states without staffed LAPs, his experience will be a guide for them.

Jeanne Marie Leslie, Montgomery, Alabama—Jeanne Marie was hired in 1998 by the Alabama State Bar to implement and oversee the Alabama Lawyer Assistance Program. Educating professionals about impairment issues has been a passion of hers from the very beginning. Prior to coming to the bar, she worked part time in providing support components. Jayne leads the Lawyers Aftercare support group in Georgia. She has worked in a variety of capacities at Ridgeview since the late 1980s, most recently as a lead clinician in the Impaired Professionals Program. She is a licensed clinical social worker and has a doctorate in psychology with a specialty in addictions and family systems. She brings to CoLAP extensive experience in multicultural counseling, interracial couples, hope, and healing in crossing cultural bridges. Jayne will be working with CoLAP’s Diversity Initiative Team in the program development for an Enterprise Grant request in 2009.

Honorable Michael J. Murphy, Chicago, Illinois—Mike has been involved with the ABA as far back as when they were located in Hyde Park, Illinois. He had been aware of the work of CoLAP through his longtime involvement in the creation and as a board member of the Illinois Lawyers Assistance Program. After attending his first National Conference for LAPs, Mike volunteered to work with CoLAP on the Judicial Assistance Initiative, the Publications Board, and Highlights Editorial Board and as he states “any project on which he is needed.” He openly published his personal story of recovery in CoLAP’s newsletter in an effort to prove lawyers and judges can put their lives back in order and be successful when not struggling with the disease of addiction. As a result of his honesty and willingness to volunteer his time to save law students, lawyers, and judges as well as his knowledge of recovery and the law, he was invited by Judge Childers to serve as co-chair of the Judicial Initiative. Mike was also instrumental in promoting the importance of and gathering support for the Model Conditional Admission Rule to Practice Law. For twenty years, he has worked in the trial courts of Cook County, Illinois becoming supervising judge and then presiding judge.

<table>
<thead>
<tr>
<th>Calendar of Events</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August 7–10, 2008</strong></td>
</tr>
<tr>
<td>ABA Annual Meeting</td>
</tr>
<tr>
<td>Marriott Marquis Hotel</td>
</tr>
<tr>
<td>New York, New York</td>
</tr>
<tr>
<td><strong>October 21–24, 2008</strong></td>
</tr>
<tr>
<td>The Peabody Hotel</td>
</tr>
<tr>
<td>Little Rock, Arkansas</td>
</tr>
<tr>
<td>For online registration: <a href="http://www.abanet.org/legalservices/colap">www.abanet.org/legalservices/colap</a></td>
</tr>
<tr>
<td><strong>October 24–26, 2008</strong></td>
</tr>
<tr>
<td>The Peabody Hotel</td>
</tr>
<tr>
<td>Little Rock, Arkansas</td>
</tr>
<tr>
<td>ILAA Contacts: Jim Smith or Brandi Collins, <a href="http://www.ilaa.org">www.ilaa.org</a></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

For a full list of events, visit CoLAP website: www.abalegalservices.org/colap
Key Questions

Variables have been placed to form the acronym TRAP DOORS, which is in part acknowledgment of the difficult and unforeseen consequences that sex addicts often face. These variables become a series of questions that help diagnose and determine the severity of the addiction. The key questions are:

T Have you ever sought Treatment for problematic sexual behaviors?
(Prior efforts to seek help is a key variable)

R Have any of your Relationships been damaged or disturbed as a result of your sexual behavior?
(April always there is a concern about relationship damage)

A Were you Abused as a child or adolescent?
(Sexual abuse is a key antecedent for compulsive sex)

P Are you Preoccupied with thoughts about sex?
(Preoccupation is one of the defining issues in diagnosis)

D Do you experience any symptoms of Depression because of your sexual behavior?
(Despair, remorse, and feelings of hopelessness result from failure to manage sexual behavior)

O Do you feel like your sexual behaviors are Out of Your Control?
(Loss of control is another key defining variable for determining addiction’s presence)

O Have you ever felt the need to keep your sexual behavior Out of Sight?
(Hiding behavior and living a double life characterize the sex addict’s experience and deep distrust)

R Have you engaged in dangerous, illegal, or otherwise Risky Sexual Behaviors?
(Sexual risk is one of the hallmarks of sex addiction)

S Have you experienced Shame because of your sexual behavior?
(Feeling defective is core to the sexual addict’s inner world)

Source: Patrick J. Carnes, a nationally-known speaker and author on addiction and recovery issues.
American Bar Association Commission on Lawyer Assistance Programs


Hon. Robert L. Childers, CoLAP Chair
Memphis, TN
901/545-4022
E-mail: Robert.Childers@shelbycounty.tn.gov

Rick B. Allan*
Lincoln, NE
402/475-6527
E-mail: rallan@nebar.com

Betty M. Daugherty
Jackson, MS
601/948-4471
E-mail: bdaugherty@msbar.org

Hugh Grady*
Des Moines, IA
515/277-3817
E-mail: hughgrady@mac.com

James O. Heiting*
Riverside CA
951/682-6400
E-mail: heiting@juno.com

W. Terry Sherrill
Charlotte, NC
704/331-6570
Cell: 704/905-1871
E-mail: wterrysherrill@aol.com

Gena Lewis Singleton
Houston, TX
713/646-1778
E-mail: gsingleton@stcl.edu

Barbara F. Smith
Albany, NY
518/285-4548
E-mail: bfsmith@courts.state.ny.us

James E. Smith Jr.*
Little Rock, AR
501/537-5111
E-mail: jsmith@smithakins.com

Rick B. Allan*
Lincoln, NE
402/475-6527
E-mail: rallan@nebar.com

James O. Heiting*
Riverside CA
951/682-6400
E-mail: heiting@juno.com

W. Terry Sherrill
Charlotte, NC
704/331-6570
Cell: 704/905-1871
E-mail: wterrysherrill@aol.com

Gena Lewis Singleton
Houston, TX
713/646-1778
E-mail: gsingleton@stcl.edu

Barbara F. Smith
Albany, NY
518/285-4548
E-mail: bfsmith@courts.state.ny.us

James E. Smith Jr.*
Little Rock, AR
501/537-5111
E-mail: jsmith@smithakins.com

Rick B. Allan*
Lincoln, NE
402/475-6527
E-mail: rallan@nebar.com

James O. Heiting*
Riverside CA
951/682-6400
E-mail: heiting@juno.com

W. Terry Sherrill
Charlotte, NC
704/331-6570
Cell: 704/905-1871
E-mail: wterrysherrill@aol.com

Gena Lewis Singleton
Houston, TX
713/646-1778
E-mail: gsingleton@stcl.edu

Barbara F. Smith
Albany, NY
518/285-4548
E-mail: bfsmith@courts.state.ny.us

James E. Smith Jr.*
Little Rock, AR
501/537-5111
E-mail: jsmith@smithakins.com

Janet Piper Voss
Chicago, IL
312/726-6607
E-mail: jpvoss@illinoislap.org

Andrea L. Rocanelli*
Wilmington, DE
302/577-7042
E-mail: andrea.rocanelli@state.de.us

Janis Thibault*
Sacramento, CA
916/564-5184
E-mail: janis.thibault@calbar.ca.gov

PRIVACY NOTICE: The material contained in this American Bar Association listing is protected by copyright and is solely intended for the individual and private use of ABA members in a manner that is consistent with the ABA’s mission, goals, and activities. All other use is strictly prohibited without prior written authorization from the ABA. Prohibited use includes but is not limited to the copying, renting, leasing, selling, distributing, transmitting or transfer of all or any portions of the material, or use for any other commercial and/or solicitation purposes of any type, or in connection with any action taken that violates the ABA's copyright. The material is not to be used for any mass communications and may be used only for one-to-one member communication. For information concerning appropriate use of the material, contact the ABA Service Center at 1-800/285-2221.