



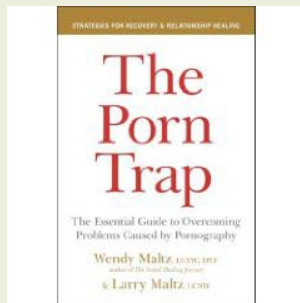
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Featured Article

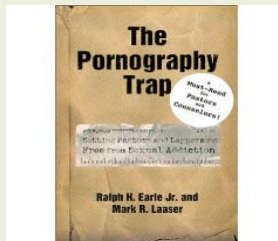


Stacy Hall interviews Larry Maltz, LCSW and Wendy Maltz, LCSW, DST - authors of the upcoming release:

[The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography.](#)



Featured Book



[The Pornography Trap](#)

PCS Intensive Program

"Before starting my intensive, I was 'spiraling' downward. After the week was over, I found the strength and hope that I needed. The foundation I received in the intensive gave me the techniques and information I need to become happy with myself."

~Dino in Arizona

"The intensive program is a year's worth of therapy in one week. It is worth the time, money, and effort. Be willing and humble to receive something for you!"

~Anonymous

What are Intensives?

One to four week program specifically created to address your client's needs. The process includes individual, couple, family and group therapy. On average, your client will receive 28 hours of individual/couple therapy and 19 hours of group therapy, a dramatic departure from other intensive or residential programs. Clients achieve personal and relational growth through the coordinated efforts of our talented, affirming, and "care fronting" professional staff. During the course of each day, our intensive clients work with a different member of our staff every one to two hours. Fundamentally, PCS strives to uncover, address, and resolve the core issues, which inhibit fully enjoying life.

Reasons to Utilize the Intensive Process:

- When therapy feels stuck.
- To accelerate or complement your current program.
- As an alternative to residential treatment to address the current crisis.
- For those clients who feel overwhelmed in attempting to address their trauma.

Additional Benefits:

by Ralph Earle, Ph.D. and
Mark Laaser, Ph.D.

documents the devastating addiction of pornography and its impact on the Christian community. This book is especially targeted toward Christian leaders and it chronicles the experiences of many pastors and clergy and their struggles with sex addiction. The Pornography Trap explores the role of trauma in addiction and the steps on how to begin this healing journey and gain freedom from sexually compulsive behaviors. The book addresses various steps to recover such as finding accountability, increasing sexual intimacy and growing spiritually. The Pornography Trap explores the role of trauma in addiction and the steps on how to begin this healing journey and gain freedom from sexual addiction.

[Join Our Mailing List!](#)

Upcoming Events

April 18-20, 2008

Power of Two:

Four couple's retreats scheduled quarterly that focus on couples with a desire to enhance intimacy in their relationship. This experience concentrates on improvement in both emotional and physical intimacy through a venue of sharing within the coupleship and with other couples.

June 20-22, 2008

Leadership Weekend:

Four weekend retreats each year specifically designed for individuals who are successful in their professional lives but need help in their personal lives. Both men and women are encouraged to participate, as well as couples. Gender specific groups held throughout each weekend.

Please contact our office for more information on these programs:
(480) 947-5739
pcs@pcsearle.com

Dialectical Behavioral

- Brings couples and families close together while also providing individual therapy.
- Utilizes skills and expertise of several therapists trained in prescribed areas of treatment
- Clients learn skills they can effectively implement after returning home
- Opportunity to concentrate entirely on therapy without the distraction of home or work
- Client is not isolated during treatment from the reality of living life

Making a Referral?

Contact Dr. Ralph Earle or Dr. Marcus Earle or another PCS therapist at 480.947.5739. We encourage the primary therapist to be as involved during the Intensive as he or she would like. This may include participating in the process as co-therapist or participating by telephone during their stay.

Testimonials:

"Excellent way to accomplish a great deal of progress in a short amount of time. The individualized schedule is a perfect way to accomplish the goals."

~James

"Powerful therapeutic interventions supplied by caring, skilled professionals committed to the change and recovery of their patients."

~Bobby

"PCS' intensive therapy program is the best therapy I have been a part of in my path to recovery. It is a 12 to 14 hour day of individual attention with a common goal in mind - your recovery."

~A.H. in Tennessee

"A way to identify and address certain behavioral/psychological issues in a very safe and nurturing environment."

~A.A.

"I would call it the most introspective time of my life. You will look in every corner and under every rock of your life."

~J.H.

"Life-changing: probably a must for every couple that wants to have a healthy relationship."

~David

"It's a program where you take apart your ideas about

Therapy (DBT) Skills training group:

First module will begin June 10, 2008 (5-week course).

Day: Monday

Time: 7:00- 9:00 a.m.

Cost: \$ 75.00 per group

Facilitator: Stacy Hall and co-therapist

For more information about the DBT Skills training group, please contact the PCS front office staff at 480-947-5739 or pcs@pcsearle.com

<http://www.pcsearle.com>

New Hope Educational Foundation:

NHEF was created for religious leaders and their families. We provide a safe and therapeutic environment where psychological and spiritual healing from inappropriate behaviors can be attained. NHEF offers a community of recovery and restitution where offenders can experience healing from inappropriate behaviors.

Please address all contributions to:
New Hope Educational Foundation
7530 East Angus Drive
Scottsdale, AZ 85251

yourself by looking at where those ideas came from. And then, to whatever extent you are able, you remove the negative ideas be befriending and advocating for your inner child... A place to start loving yourself."

~Anonymous

"The best therapy program in the world. And intensive really means intensive."

~Anonymous

Interview with executive director of Maltz Counseling Associates, Larry Maltz, LCSW, and co-author Wendy Maltz, LCSW, DST

Hall: What made you decide to write *The Porn Trap*?

Maltz: Beginning in the late 1990s and coinciding with the emergence of Internet porn, Wendy and I began seeing a real spike in terms of clients entering counseling to deal with problems specifically related to porn use. Individual clients as well as couples coming in for relationship counseling were suffering. For individuals, involvement with porn was hurting the quality of their lives and creating serious problems with sex. And relationships were stressed and breaking up specifically over porn issues. When we looked for resources to help clients understand porn and its impact, we couldn't find what we needed. So we decided we had to write a book ourselves. We interviewed many individuals and couples who were suffering from or had overcome problems with porn, and consulted with other therapists. We became as much reporters as we were authors. The result is a book with a first part that describes the power of porn and how people get seriously involved with it to the point of developing problems, and a second part that is therapeutically oriented to help people overcome pornography and heal both individually and as a couple.

Hall: How does your book help the intimate partner or co-addict?

Maltz: The Porn Trap helps partners understand the attraction of porn -- how and why many people get involved with it, often early in their lives. A lot of people really don't understand this piece. Intimate partners often take the porn use personally -- as a rejection or a negative statement about their sexuality. We help partners to understand porn use in a societal context and to realize the many factors that contribute to porn use. The Porn Trap has an entire chapter on the pain that partners experience when there is a problem with porn. Intimate partners learn that they are not alone and that the anger, fear, and hurt they may be feeling are normal. We help intimate partners see how they can effectively start to heal on their own and how to facilitate healing in a relationship. In chapter ten, we describe the issues a couple needs to address and the steps they need to take together for emotional healing and rebuilding the trust that was broken. We offer partners ideas on how to move from anger to forgiveness, and how to improve

communication. Another chapter is devoted to describing a new approach to sex and how to have a healthy orientation to sexuality.

Hall: What are your thoughts on cyber sex and does this fit into the work you do?

Maltz: In general, we do not view cybersex as healthy when it involves relating to a stranger or to someone outside of an existing intimate relationship. It's similar to having an affair.

Turning to the Internet for sexual satisfaction can be a slippery slope and can easily segue into sexual addiction, or happen at the expense of sexual and emotional intimacy in an established relationship. People can become addicted to cyber sex interactions in same way as to porn-becoming dependent on them as a sexual outlet.

Hall: When does looking at erotica cross the line between appropriate/healthy behavior and inappropriate/unhealthy behavior? Can looking at porn with an intimate partner be okay if both partners consent and are into it? At what point does porn become destructive or an intimacy blocker?

Maltz: If two people in a relationship choose to look at erotica together because they both want to, it is different than when one person is using porn as a sexual outlet alone. Anything that is used to aid or enhance sexual relating requires lots of openness between both partners. Under certain circumstances, erotic movies and pictures may help a couple to learn about new possibilities to relating sexually and feel more comfortable with passion. But positive outcomes often depend on what is being seen, how it's introduced and used, and whether the couple has a strong basis of good communication and intimacy. It can be very difficult to find porn that doesn't threaten or go against the values and sensitivities of a partner. With porn, one partner might like it while the other person is feeling turned off or disgusted by it in some way. Yes, porn triggers high arousal-but it also runs the risk of directing sexual energy away from the couple relationship. On the heels of viewing porn, many people find it difficult during sexual interaction to fully focus on each other and not keep referring back in their minds to the images viewed in porn.

Hall: Do you recommend a standard protocol for disclosure in the work you do with couples in recovery for sexually compulsive issues?

Maltz: We have some basic principles we encourage. Prior to disclosure, it can be helpful for both members of the couple to understand why disclosure is necessary, to identify what they want to accomplish, and agree on the level of specific detail that is appropriate for healing the relationship. It's best for disclosure to happen fully at a predetermined time rather than occur in bits and pieces. The couple needs to be prepared to deal with the intense feelings that will emerge for each of them. Disclosure works best when both people are involved in their own recovery and have a support network in place.

Hall: What is the new approach to sex that you describe in *The Porn Trap*?

Maltz: It begins with learning the difference between healthy sexuality and porn-oriented sexuality. We describe the conditions for healthy sexuality and provide exercises to teach people how to create trust, safety, and emotional connection in their physical relating. We discuss the importance of courtship and good communication. We encourage partners to talk openly about sexual needs and what they like and dislike sexually. Another factor involves expanding sensory awareness to all the five senses, not just the visual. Through new ideas and experiential exercises people learn to integrate love with sexual passion and to view sex as a holistic experience.

The Porn Trap will be released on April 22nd and can be pre-ordered on Barnes and Noble or Amazon.com. For more information on Larry and Wendy Maltz, and recovery from porn, please visit their website at www.healthysex.com.

Health and Wellness: A Mindful Approach to Recovery *by Stacy Hall*

One way to engage in self-care is through the practice of Mindfulness. There are many reasons to incorporate mindfulness practice into the recovery process. A few may include learning to tolerate unbearable emotions, identifying triggers that characterize relapse-related states, connecting with and cultivating a sense of self and making healthier decisions. Mindfulness is a way of being present in our lives as we are right now. Oftentimes, we are living life mindlessly and without intention. We're anxiously anticipating the future, chronically stuck in the past or on "automatic pilot." Living life mindlessly and at the whim of our emotions and dysfunctional patterns can wreak havoc to our personal relationships and jeopardize our recovery.

Research shows that some of the benefits of practicing mindfulness include the following: reduce stress and blood pressure, increase the immune system function, relax muscles, improve quality of sleep, increase focus and concentration and improve overall well-being.

Being mindful is about really gaining awareness of the present moment - by checking in with your surroundings, thoughts, emotions, physical sensations and urges. You can use all of this information to make a wise mind decision and ultimately gain more control of your behaviors. This is an active form of mindfulness that you can do anytime, anywhere by simply focusing on what is happening in the present moment.

Helpful Books on Mindfulness:

- Emotional Alchemy: How the Mind Can Heal the Heart by Tara Bennett-Goleman
- Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic by Jeffrey Brantley, MD
- Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life (book and cd) by Jon Kabat-Zinn
- The Miracle of Mindfulness by Thich Nhat Hanh