



# The Association of Partners of Sex Addicts Trauma Specialists

## FAQs

### **What is APSATS? What is our mission?**

The *Association of Partners of Sex Addicts Trauma Specialists* (APSATS) is a non-profit organization dedicated to the professional training and certification, public education, research and advocacy for treatment of sex addiction- induced trauma.

APSATS is the only organization that specializes in the preparation and certification of Partner Specialists. We train and certify Certified Clinical Partner Specialists (CCPS) and Certified Partner Coaches (CPC) who subscribe to a developing treatment model that acknowledges and responds to the traumatic stress found in partners affected by sex addiction.

### **When will the first training be held?**

Our first training was June, 2013 in Dallas TX. We also completed our second training in Cincinnati OH in October, 2013. Our next training will take place in LA in February.

### **How often will trainings be held? Quarterly**

### **Where will trainings be held?**

Various locations throughout the US including California, Texas and Ohio

### **How long is each training?**

The training will run for four days, and includes information on the Multidimensional Partner Trauma Model and the impact of sex addiction induced trauma on all members of the system, but focusing primarily on the impact on the partner and person with the addiction.

### **What is the cost?**

Check the registration section for up to date costs.

### **Who are the professionals involved in this organization?**

Founded by pioneers of the trauma approach for treating partners, the APSATS Board is made up of a diverse group of treatment providers, life coaches, and other professionals who are dedicated to the training and certification of Partner Specialists from a "Sex Addiction-Induced Trauma" approach. Our Board members also advocate for the recovery and treatment needs of Partners of Sex Addicts, knowing that this is an underserved and often misunderstood population.

### **Who serves on the Board of Directors?**

[Barbara Steffens](#), PhD, LPCC, BCC, CCSAS, CCPS, CPC - President

[Janice Caudill](#), PhD, CSAT, SRT, SEP, CCPS - Vice President

[Dan Drake](#), MA, MS, MFT, CSAT, CCPS - Secretary/Treasurer

[Dave Brown](#), M.Div., LISW, CPSAS, CPS

[Dorit Reichental](#), MA, MFT Intern, CPCC, ACC, CCPS Associate, CPC

[Richard Blankenship](#), MA, LPC, NCC, CCSAS, CCPS

[Marnie Breecker](#), MA, MFT, CSAT, CCPS

[Ella Hutchinson](#), MA, LPC, CCSAS, CCPS

[Ingela Edwards](#), MS, LPC Intern, NCC, CCPS

[Francoise Mastroianni](#) M.S., LCPC, CADC, CEDA, CCSAT, CCPS .

### **What is the application process for certification?**

APSATS has approved the following certification process for those therapists or coaches who have completed the 4 Day APSATS Certification Training program. Once the applicant has successfully completed the training and receives a certificate of completion of the program, the applicant will then complete the following requirements for consideration for Certification by APSATS as a Certified Partner Specialist (CPS) or Certified Partner Coach (CPC). Please note that these requirements are our initial requirements. We reserve the right to make changes to these requirements in the future as deemed necessary by the Board of Directors.

To become ***Certified*** after completion of the required training modules, an applicant will meet the following requirements:

1. Licensed or license eligible in their state or comparable process from another country
2. Completion of 30 hours of case consultation with an APSATS approved supervisor, which can be face to face or via telephone or Skype, and any combination of individual or group
3. Provide 3 professional references + Supervisor recommendation
4. Complete an application process that includes the following:
  - a. Copy of an state licenses or certifications
  - b. Copy of graduate level education transcripts/diplomas
  - c. Up to date resume/CV
  - d. List of professional affiliations
  - e. Proof of liability insurance
  - f. Signed endorsement of APSATS Ethics statement
  - g. Proof of completion of required training (APSATS Training modules)
  - h. Completed and signed Supervisor Evaluation & Recommendation Letter
  - i. Complete written case study to be reviewed by application committee
  - j. Complete and successfully pass quizzes at the end of each module
  - k. Payment of a \$200 application fee

### Renewal Process

1. Renewal required every 2 years
2. Demonstrate completion of 20 hours of continuing education with 10 of those hours directly related to partner or couple trauma treatment (i.e. EMDR training, PTSD, partner trauma & sex addiction, etc.)
3. Payment of \$100 renewal fee

The application form will be made available on this web site soon.

### **Will I obtain CEU credits for the training?**

For our first training, CEU's are available through the National Board of Certified Counselors (NBCC), The National Association of Drug and Alcohol Counselors (NAADAC). Applications for CEU's are in process for Social Workers through the National Association of Social Workers (NASW), the Association of Marriage & Family Therapists (AAMFT), and the American Psychological Association (APA). Please contact us with any specific questions regarding CEU's. Payment for CEUs will be collected at the training site.

### **What is the trauma model?**

The *Multidimensional Trauma Treatment Model* is a clinical model for the assessment and treatment of sex addiction and compulsivity, which recognizes and treats sex addiction-induced trauma, defined as *the traumatic impact and symptoms caused by sex addiction on self and others*. The model emphasizes the treatment of trauma among *partners of sex addicts*, who often present with symptoms of PTSD and complex post-traumatic-stress disorder (C-PTSD). We acknowledge and respond to the traumatic stress found in those who have had their lives and hopes shattered by the sexual betrayal/infidelity that occurs when the addiction is sex. For many partners of sex addicts, this describes their experience. This model emphasizes not only the treatment of sex addiction, but also the treatment of the traumatic consequences that result from the direct impact of sex addiction

and the associated chronic patterns of sexual acting out, relational perpetration, emotional abuse, deception, betrayal, psychological manipulation and compartmentalization. The initial focus of treatment using the trauma model for partners after the shock of discovery includes crisis management and psychological stabilization, including re-establishing safety.

*Sex addiction-induced trauma recognizes that sex addiction does not occur in a vacuum and often impacts the partner, the addict, the couple, children, family system, community, and society at large.*

Our trainees will be prepared to conceptualize the partner and addict through a multidimensional trauma model lens, be able to appropriately respond to the traumatized partner, and gain practical application ideas for responding to the traumatized partner. We do not provide in-depth training in the trauma interventions but do touch on and introduce the various empirically sound trauma treatments (other organizations have certification processes for these interventions). The consultation process following the 4 day training provides further development of intervention and treatment strategies.

**Is the training based on empirical research?**

Yes (Steffens, Minwalla and various researched methods for treating trauma)

**What are the requirements for participating in the training? Do I need to have a license to practice in my state?**

There are no special requirements to participate in the trainings; however those seeking certification must be licensed as a mental health professional or certified as a life coach. Materials covered may be difficult or triggering so we do recommend caution. Please contact us if you have questions regarding appropriateness of attending the training.

**Who will be facilitating the trainings?**

APSATS board members and affiliates

**Why should someone seek certification for helping partners of sex addicts?**

*Sex Addiction-Induced Trauma* presents with acute symptoms and complexities that make it necessary for clinicians to seek specialized training, qualifications and experience in order to effectively treat clients. Without understanding the psychological trauma induced by the discovery of sex addiction and the perpetration of the offending addict, clinicians may without intention cause further trauma to the client or result in splitting a couple seeking to repair their relationship.

**How long have APSATS clinicians been doing this work? What makes them experts?**

All APSATS clinicians have years of experience working directly with partners of sex addicts in diverse settings including treatment centers, outpatient programs and private practices. We are researchers, advocates and clinicians who actively use the trauma model to treat partners and have cumulatively over twenty years of experience.