

2019 SLAA Fall Conference: Hope & Fellowship

Friday, October 18, 6:30 pm to 9:00 pm
Saturday, October 19, 10:00 am to 4:30 pm
Woodmont Hills Family of God Church
3710 Franklin Pike
Nashville, TN

PROGRAM

Friday, October 18th

6:00 pm – 6:30 pm Registration, Newcomer Meet & Greet
6:30 pm – 6:45 pm Opening and Readings
6:45 pm – 7:45 pm How it Works: Finding Hope Through the 12 Steps
A panel of 3 speakers share how the SLAA 12-step program helped them to define and achieve sobriety and live in freedom from sex and love addiction
7:45 pm – 8:45 pm Interactive Group
8:45 pm – 9:00 pm Intention setting/group closing

Saturday, October 19th

9:30 am Registration
 Newcomers' Meet & Greet*
**New to SLAA? Come at 9:30 am before the workshop to be warmly greeted by current members who can answer general questions about SLAA fellowship and the conference.*
10:00 am – 10:15 am Welcome and SLAA readings
10:15 am – 11:15 am Speakers
11:30 am – 12:30 pm Breakouts: Session 1
12:30 pm – 1:30 pm Lunch
1:45 pm – 2:45 pm Breakouts: Session 2
3:00 pm – 4:00 pm Breakouts: Session 3
4:00 pm – 4:30 pm Closing & Fellowship
6:00 pm – 8:00 pm An Evening of Self Expression

SESSION 1 BREAKOUT GROUPS

11:30 am – 12:30 pm

Defining Sobriety & Setting Bottom Lines (*Suggested for Newcomers)

What does sobriety look like in recovery from sex and love addiction? How do we define it? This session will look at common “bottom line” behaviors and will offer tools that participants can use to define and pursue their sobriety with the help of the SLAA program, a sponsor and a Higher Power.

Searching and Fearless: Steps 4 & 5

This session will challenge the fear, trepidation and mystery that often shrouds Step 4 and will provide a new perspective and practical tools to empower recovering sex and love addicts to make a searching and fearless moral inventory of themselves and then take Step 5 in order to move through the remaining steps and embrace the promises of the program.

Sponsorship

Working with others and carrying the message of hope is essential to experience and maintain our recovery from sex and love addiction. Sponsorship is one way to live out the 12th step and to practice the fellowship's primary purpose: "to carry its message to the sex and love addict who still suffers." This session will discuss various aspects of sponsorship and will address questions such as "How do I find and choose a sponsor? When do I start to sponsor others? How do I sponsor others? What are healthy features of a sponsor-sponsee relationship?" and other concepts.

SESSION 2 BREAKOUT GROUPS

1:45 pm – 2:45 pm

Moving Through Withdrawal (*Suggested for Newcomers)

This session will discuss common signs and symptoms of withdrawal and will offer coping strategies to help one move through this initial phase of recovery and the overall process of surrender. There is hope and life beyond withdrawal!

The Behavior Masks of Both Acting Out and Anorexia: Aren't We All Just Avoiding True and Real Intimacy?

This session will include a brief presentation on what is anorexia/avoidance in SLAA, how "acting out" and "acting in" behavior may be considered "compulsive avoidance of intimacy," and how this behavior pattern can affect all relationships in our lives. Participants will be invited to engage in open sharing on topics such as how acting out keeps us from intimacy, how to set both bottom lines and top lines and how to work "in the middle;" and identifying when withdrawal becomes compulsive avoidance.

Defects, Assets, and the Humble Ask – Steps 6 & 7

A character defect can often be problematic for the addict, but on some level it can serve a valuable function of survival. While these defects may have served an individual, their dysfunctional motivations generally nurture unmanageability. This session explores the development of willingness to release these defects and methods to cultivate assets in their place. We will also discuss the acknowledgement that it is not fully self-will, but the relationship of self to Higher Power that allows new assets to develop and defects to be transformed through the "humble ask."

SESSION 3 BREAKOUT GROUPS

3:00 pm – 4:00 pm

Steps 2 & 3: Defining and Surrendering to a Higher Power (*Suggested for Newcomers)

So you recognize that you are powerless over sex and love addiction and that your life is unmanageable—now what?! Steps 2 & 3 invite us out of the problem and into the solution by asking us to come to believe that there is a power greater than us that *can* restore us to sanity. This session offers experience, strength and hope on how to define a Higher Power and then surrender to that Power in order to move toward freedom from sex and love addiction.

Building Healthy Relationships

As we get sober in SLAA and refrain from acting out and other bottom line behaviors, we learn how to build healthy relationships—with ourselves *and* with others. This session will explore what it looks like to build healthy partnership no matter where you are in your recovery journey: single, looking to explore a new partnership, or if you are in an existing partnership making a renewal of your commitment.

Top Lines: Finding the Joy in Recovery

Recovery is not *all* hard work...there's play, too! "We can't simply stop destructive behavior. We have to replace it with healthy new activities" (from the SLAA book). During this session we will explore "top line" behaviors and activities that we can engage to bring life and levity to our program of recovery. Share ideas with others in recovery and sample some activities that you can incorporate in your day-to-day to add to the list of healthy "do's" rather than live just by a list of unhealthy "do not's!"