

The Intimacy Challenge Workshop
Series will be held in 10 weekly sessions.
New groups forming regularly at the office of:

Robert A. Axel, PhD

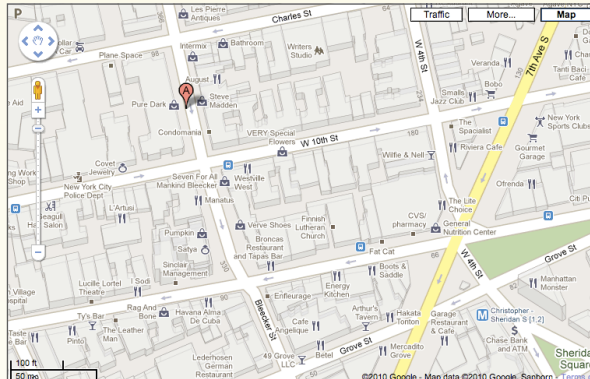
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(Ring Bell #50)

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(212)-929-6884



Robert A. Axel, PhD, a licensed psychologist in New York and New Jersey, has over three decades of experience counseling men and women, individuals and couples with life adjustment and relationship issues and sexually compulsive and addictive disorders. Dr. Axel, who earned his Ph.D. from New York University, has taught courses and run workshops on Men's Issues, developed the *Breathing in the Face of Fear* workshop series and has also been interviewed in the print and television media. He's been featured on Fox's Good Day New York. A member of the Society for the Advancement of Sexual Health (SASH), the New York State Psychological Association and the National Register for Health Service Providers in Psychology, Dr. Axel is engaged in continuing professional development at the International Institute for Trauma and Addiction Professionals (IITAP) and he is on their referral roster of sex addiction therapists (<http://www.sexhelp.com/>).



If you are interested in the series, dates and fees, the Emotional Intimacy Enhancement Workshops for Women and Men or private consultation, please email:

DrRobertAxel@RobertAxel.com or call:
(212)929-6884

Or please visit us on the web at:
<http://www.RobertAxel.com>

The Intimacy Challenge: Workshops for Men



Robert A. Axel, PhD



"The High Line" ©2010 Robert Axel

ARE YOU...

...wasting countless hours on Internet porn sites, in massage parlors, in viewing booths?

Trapped by web site hooks ups, video-cam sex?

Does anxiety mount with the thought of being intimately bonded to another person?

Are you unable to form and sustain ongoing intimate marriage/partnership relationships?

Are yoga classes, steam rooms and gyms triggers to acting out?

Do your romantic obsessions verge on stalking?

Is fantasy...

...better than the reality of sex with a real person?

Are you crossing professional boundaries in compulsive sexual pursuit?

Does the romance of chat-rooms hold you captive?

Is paying for sex impinging on your capacity for intimacy and your family finances?

Can't stop dangerous sex acts that have legal, financial and social consequences?

Do you feel entitled to your multiple extra-marital affairs?

Shamed and Disappointed in yourself after a sexual binge?

Have you endangered yourself and your spouse/partner to sexually transmitted disease?

Preoccupied with thoughts of avoiding sex?
Do you sexually binge and purge?

Do romantic seductions reach pinnacles of excitement & soon lose intensity and interest?

Neglecting occupational duties due to chronic masturbation on the work place?

Have you been 'caught' and feel pressured to 'disclose' your secret life?

Is your couple-ship threatened by your sexual preoccupations?

The Intimacy Challenge

The Intimacy Challenge

Face the reality of your actions and the cost to you and your loved ones.

Face the shame and despair associated with your addictive cycle.

Learn ways to alter the course of your Addictive Cycle.

Use the tools to develop competencies to enter joyful recovery and prevent relapse.

Workshop Topics

1. Breaking Through The Shame
2. The Reality of Secrets, Lies, and Excuses
3. The Addictive System:
Foundations of Core Beliefs
4. The Addictive Cycle (part 1)
5. The Addictive Cycle, (part 2):
Binge – Purge Dilemma
6. Behaviors that Block Intimacy (part 1)
7. Behaviors that Block Intimacy (part 2):
Cybersex
8. Damage Control and A Plan for Change
9. A Sober Lifestyle and Relapse Prevention
10. Healthy Sexuality and Courtship

The Intimacy Challenge Workshop Series utilizes the *Facing The Shadow* Workbook by Patrick Carnes, PhD, pioneer in the treatment of Sex Addiction. Open to Men in all stages of recovery, the series is an adjunct to psychotherapy, a supportive arm to 12-step recovery programs or part of the discovery phase of an intimacy disorder. Open to all ages, and sexual orientations, the series requires a commitment to attend the sessions as scheduled.



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