

# Therapist Certification Association

For Clinical Professionals who want to take their careers to the next level!

*Dear Subscriber, This month's news and events:*

**Earn a PhD in Clinical Sexology !!**



**International Institute of Clinical Sexology**  
Earn a PhD in Clinical Sexology

Incorporate Clinical Sexology into your practice by earning a Ph.D. in this exciting field!


**Choose a Specialty**  
Addictions Therapy  
Hypnotherapy  
Transgender Care

**IICS**

**ClinicalSexologyPhD.org** Visit us online to Register!

"Knowledge of human sexuality leads to a better understanding of humanity"  
IICSPhD@gmail.com 305-891-1827

Dr. Carol Clark



**Earn Your PhD in Clinical Sexology!** Earn your Ph.D. this year at the International Institute of Clinical Sexology (IICS). Visit us at! [ClinicalSexologyPhd.org](http://ClinicalSexologyPhd.org)

**Monthly Video:**

[How Can We Become More Intimate and Connected to the People We Love?](#)

**Guest Speaker:** Dr Jabal Uffelman April 9<sup>th</sup>

**Transgender Care Registration!** 40-hour Certification Training  
June 25-26, July 9-10, July 23-24, 2016

**REGISTER HERE!**

**Spring CEU Event-** Medical Complications and Clinical Intervention of Eating Disorders in Children and Adolescents

**Transgender Support Group:** Second Friday of Each Month

**Monthly Article:** "It's All About the Energy" By Dr. Clark

**The International Institute of Clinical Sexology (IICS)** is a private, for-profit, educational institute that offers a Ph.D. in Clinical Sexology to licensed and license-eligible professionals in the healthcare field who intend to practice Sex Therapy, Consulting or Coaching, or provide Sex Education as an adjunctive service to their clinical specialty.

Choose from three specialty concentrations: Transgender Care, Sex Addiction and Compulsivity, and Hypnotherapy and Sexuality. Become Board Certified as you earn your Ph.D. in Clinical Sexology.

IICS offers several options for Basic Clinical Sexology class attendance, including one day per week, 5 days per month, 5 days per alternate months, or a one-month intensive. Choose an individualized payment option to pay for the cost of the program, which is \$12,000.

IICS is licensed under the Florida Department of Education by the Commission for Independent Education (CIE) and is authorized to grant a Doctor of Philosophy in Clinical Sexology degree.

Email or call us now for an application or for more information! [IICSPhD@gmail.com](mailto:IICSPhD@gmail.com) or [305-891-1827](tel:305-891-1827)

Continuing Education provided by Dr. Carol L. Clark.

Florida Department of Health, Medical Quality Assurance Provider #50-550/BAP585.

Florida Board of Nursing, expires 10/17

Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, expires 3/17

Florida Board of Psychology, expires 5/18

Florida Certification Board #5094-A

American Association of Sexuality Educators, Counselors, and Therapists (AASECT) #11-112B

## CONNECT WITH THOSE YOU LOVE



[How Can We Become More Intimate and Connected to the People We Love?](#)

Get Connected at [AddictAmerica.net](http://AddictAmerica.net)



### Guest Speaker - April 9th:

**Dr. Jabal Uffelman,**

***Medical Doctor, Obstetrics and Gynecology***

Jabal Uffelman, MD is a practicing OBGYN (Obstetrician & Gynecologist) in Fort Lauderdale, FL. Dr. Uffelman graduated from University of Florida College of Medicine in 2000 and has been in practice for 16 years. He completed a residency at Jackson Health System. He currently practices at Transform Woman's Care and is affiliated with Plantation General Hospital and Broward Health Medical Center.

UPCOMING WORKSHOPS  
CEUs  
PROVIDED BY DR. CLARK



### Transgender Care 40-hour Certification Training

June 25-26, 2016

July 9-10, 2016

& July 23-24, 2016

**Transgender Care Registration!** *40-hour Certification Training*  
June 25-26, July 9-10, July 23-24, 2016

**[REGISTER HERE!](#)**

**Medical Complications and Clinical Intervention of Eating Disorders in Children and Adolescents-Spring CEU's**

**[REGISTER HERE!](#)**

***Spring CEU Event***  
***3 CEUs will be provided***

***Friday, April 8***  
***8:30am - 12pm***

***Breakfast will be served***

**Medical Complications and Clinical Intervention of  
Eating Disorders in Children and Adolescents**

Presented by Dr. Joel Jahraus, Medical Director and  
Amy Boyers, Ph D, Director for Adolescent Services  
Oliver-Pyatt Centers

**FAU Boca Raton Main Campus**  
**Christine E. Lynn College of Nursing Building**  
**Room NU-202**

777 Glades Rd. Boca Raton, FL

Parking is on the east side of the building

[CLICK HERE TO PURCHASE A PARKING PASS](#)

[CLICK HERE TO GET DIRECTIONS](#)

**Early Bird Rates: Before Friday, March 11**

Members: \$30

Non-Members: \$40

Students: \$20

**Rates After Friday, March 11**

Members: \$40

Non-Members: \$50

Students: \$30

[CLICK HERE TO REGISTER](#)

Please dress in layers due to inconsistency in temperature  
For special dietary needs contact Patty Shutt [askdrpatty@gmail.com](mailto:askdrpatty@gmail.com)

Continuing Education provided by Dr. Carol L. Clark, Provider #50-550/BAP585. This course (#20-547050) is approved for 3 CEUs by the Florida Board of Nursing, expires 10/17; Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, expires 3/17; the Florida Board of Psychology, expires 5/18

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# TRANSGENDER SUPPORT GROUP

FOR RESIDENTS OF  
BOCA RATON AND SURROUNDING AREAS BEGINS FEBRUARY 2016



TRANSGENDER, TRANSGENDER NON-CONFORMING, AND GENDER-QUESTIONING RESIDENTS AND THEIR FRIENDS, FAMILY MEMBERS, AND ALLIES ARE INVITED TO ATTEND A BIMONTHLY SUPPORT GROUP.

MEETINGS WILL TAKE PLACE ON THE 2<sup>ND</sup> FRIDAY OF EACH MONTH AND WILL BE HOSTED BY LICENSED PSYCHOTHERAPISTS, TRANSGENDER CARE SPECIALISTS AND CERTIFIED SEX THERAPISTS  
**FELICIA LEVINE, LCSW, CST AND JAMIE S. WEISS, LMFT, CST.**

WHEN: 2<sup>ND</sup> FRIDAY OF EACH MONTH BEGINNING FEBRUARY 12, 2016 @ 7 p.m.

WHERE: HEART CONNECTION CENTER, SECOND FLOOR, 2499 GLADES ROAD, SUITE #107 BOCA RATON, FL 33431

REFRESHMENTS WILL BE SERVED.

\$5 fee

FOR MORE INFORMATION CONTACT:

FELICIA LEVINE, LCSW, CST @ 954-657-3151, felicialevinelcsw@aol.com

JAMIE S. WEISS, LMFT, CST @ 561-213-6327, weisspsychotherapygroup@gmail.com

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## "It's All About the Energy " By Dr. Clark

Anyone who knows me, has worked with me, or has read my book – Addict America: The Lost Connection – knows that I view the world from an addiction/recovery conceptualization. It just works.

Addiction is about searching for a high that is more thrilling than the present moment. It is about escape from an existential pain of which we are not even aware most of the time. It is about disconnection, control, fear, and shame. It is about stimulation.

Recovery is about living in the moment and being ok with that. It is about being fully present with the person or people with whom you are interacting. It is about being responsible for yourself – your thoughts, feelings, and behavior – and not trying to control those in others or blame them.

From this perspective, anything can be addictive – shopping, gambling, cell phones, masturbation, anger, and anything else that feeds the brain reward system with elevated levels of dopamine.

The short definition of addiction is: Obsessive, compulsive, out of control behavior done in spite of negative consequences to self or others. Any behavior that fits this definition is addictive and the person doing it is in an addictive state.

So what do I say to the guy who asks me “My partner says I masturbate too much. Am I an addict?”

I tell him the definition and ask if it fits.

What do I say when he asks me if he can ever masturbate again?

I tell him it's all about the energy.

Addiction is about the energy brought into the behavior, no matter what it is. Recovery is the same. If he can masturbate from a place of enjoyment in his body and with an awareness of his experience in the moment, then he is in recovery. If he is obsessing about masturbation when he's at work and masturbating instead of reading his kids a story like he promised, then he is in addiction. If he is viewing pornography feverishly, searching for the next image rather than enjoying the one in front of him, then he is in addiction. If he is creating anger and drama to justify masturbating, then he is in addiction.

Other than cigarettes, I have not identified as an addict per se, but I have learned to recognize when I am in an addictive state and behaving addictively. It can be when I'm creating stress with my thinking or when I'm rushing through traffic and cussing out other drivers. It can be when I'm feeling resentful or frustrated with things outside my control. It can be when I'm not taking care of myself or keeping my life in balance. I've learned to recognize those states and to make a decision to shift to a place of recovery. It's not always easy. All those stimulating brain chemicals feel exciting, if not good, but I've made the choice in my life to live in recovery. I know that it's just a better place to be, so I make a conscious shift from addiction to recovery and my life is in focus.

It's all about the energy.

*Be In Light,*

*Carol*