

UCAP 13th  
ANNUAL CONFERENCE



UTAH COALITION AGAINST  
PORNOGRAPHY

Protecting Children  
and Families from  
PORNOGRAPHY

TEACH

VALUES



LARRY H. & GAIL  
**MILLER**  
FAMILY FOUNDATION

GEORGE S. AND DOLORES DORÉ ECCLES  
FOUNDATION



Catholic Diocese of Salt Lake City



COMMUNICATION

Pornography Hurts, Understanding Heals

**DATE** | Sat, April 18, 2015

Salt Lake City

UNDERSTAND

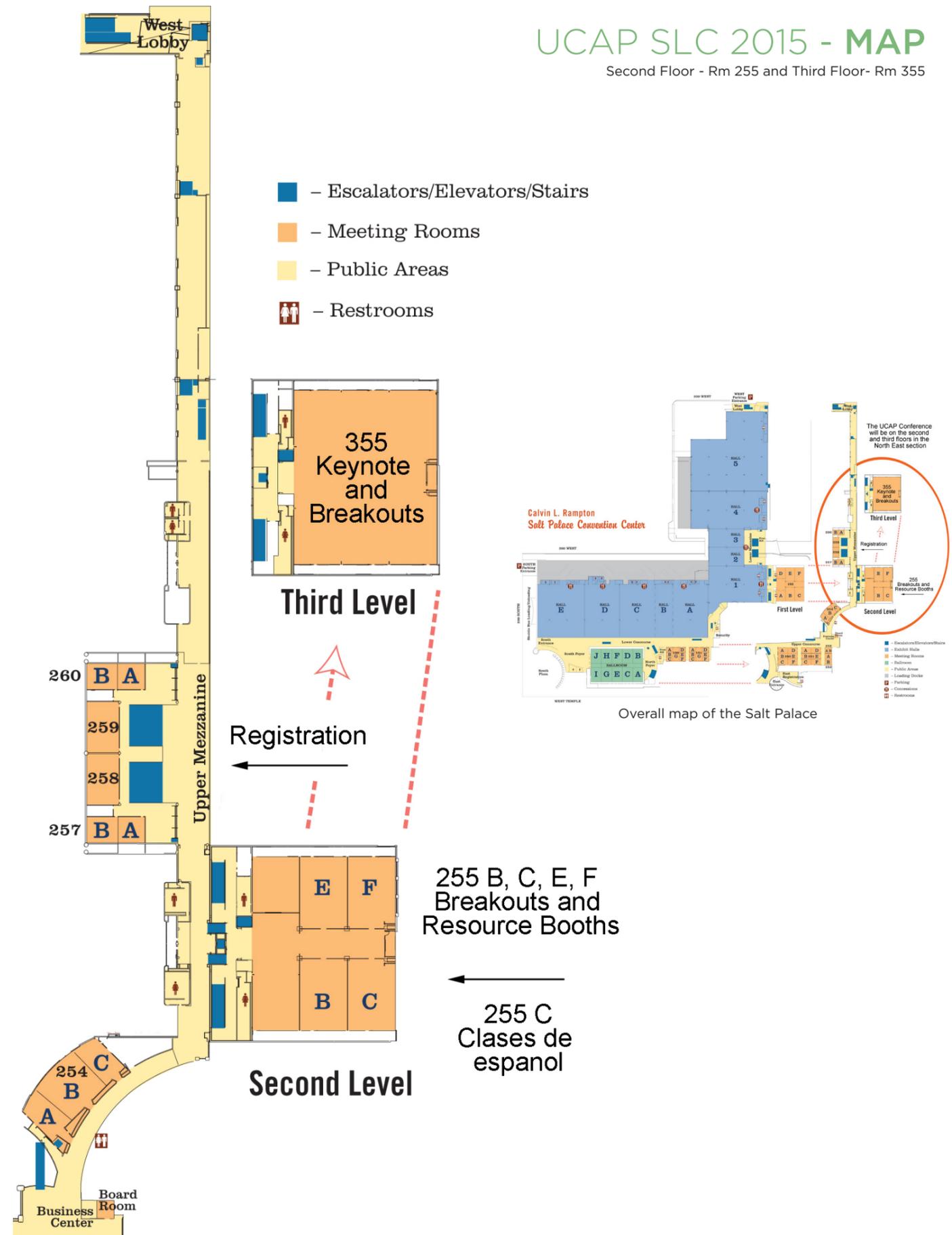
# UCAP SLC 2015 - SCHEDULE

8:00 am	Registration and Check-in, Resource Booths Open				
	355		Spanish - 255C		
9:00 - 10:00 am	<b>Welcome And Opening Keynote Address - Ed Smart</b>		<b>Welcome &amp; Opening Keynote Address - Dr. Antonio Ramirez</b> - <i>La Pornografía: Camino hacia la Adicción- Causas, Efectos, y Tratamiento</i>		
10:00 - 10:15 am	<b>Break, visit booths</b>				
10:15 - 11:00 am	<b>Session 1 Break-outs</b>				
	255B	355	255E	255F	Spanish - 255C
	<b>MARK BELL</b> <i>The Path Less Traveled: First Steps to Recovery</i>	<b>JAKE &amp; POLLY SCOTT</b> <i>Our Recovery - The Good, The Bad &amp; The Funny</i>	<b>KRISTEN JENSON</b> <i>A 5-Step Plan to Inoculate Kids against Porn</i>	<b>TROY RAWLINGS</b> <i>Pornography and the Criminal Justice System</i>	<b>Dr. Jose A. Santos</b> <i>La Protección y sanacion de matrimonios y familias</i>
11:00 - 11:15 am	<b>Break, visit booths</b>				
11:15 - 12:00 pm	<b>Session 2 Break-outs</b>				
	255B	255F	255E	355	Spanish - 255C
	<b>MARK BELL</b> <i>The Path Less Traveled: First Steps to Recovery</i>	<b>DOROTHY MARYON</b> <i>What's A Partner To Do? Staying Sane through the Insanity of Relational Trauma</i>	<b>DINA ALEXANDER</b> <i>The Best Strategies to Prepare and Protect Kids</i>	<b>DR. CHARLES KNUTSON</b> <i>I Love Technology - Except When I Hate It</i>	<b>ESPERANZA EGGETT &amp; JOHN MURDOCK</b> <i>Enseñar a los Niños y Adolescentes</i>
12:00 - 1:00 pm	<b>Lunch Break (on your own), visit booths</b>				
1:00 - 1:30 pm	<b>Afternoon Rally - Dawn Hawkins</b> - <i>National Victories in the End Exploitation Movement; Heart of the Matter video trailer; give-away drawing</i>				
1:30 - 1:35 pm	<b>Passing time</b>				
1:35 - 2:45 pm	<b>Session 3 Break-outs</b>				
	255B	255E	355	255F	255C
	<b>DAN GRAY</b> <i>"Let It Go!" Is Not Just a Catchy Song: The Healing Power of True Surrender</i>	<b>DR. CHARLES KNUTSON</b> <i>It's Not About Facebook Anymore: Social Media Risks for Post-Facebook Teens</i>	<b>CLAY OLSEN</b> <i>Helping Teens Take Steps Toward Recovery</i>	<b>DAWN HAWKINS</b> <i>Defending Dignity: We Can Stop Exploitation in Our Society</i>	<b>DR. JILL MANNING</b> <i>Pornography &amp; Singles: Creating a Porn-Free Life in a "Pornified" World</i>
2:45 - 3:00 pm	<b>Break, visit booths; booths may close at 3 pm</b>				
3:00 - 4:15 pm	<b>Session 4 Break-outs</b>				
	355	255B	255F	255E	255C
	<b>DAN GRAY, DOROTHY MARYON, MARK BELL</b> <i>Understanding Recovery for Individuals, Marriages, and Families Q&amp;A</i>	<b>DR. ADAM MOORE</b> <i>How Do I Set Boundaries In Recovery?</i>	<b>STEVEN AND RHYLL CROSHAW, TARA CROSHAW MCCAUSLAND</b> <i>What About the Kids? Protecting &amp; Helping Children and Families Recover from the Effects of Pornography</i>	<b>KRISTEN JENSON, DINA ALEXANDER, CLAY OLSEN</b> <i>Protecting Young People: Prevention Q&amp;A</i>	<b>YOUNG ADULT PANEL - ANNIE VANDERMYDE, BONNIE YOUNG, EVAN VILOS</b> <i>Time to Talk about Trust and Truth: How Pornography Affects Dating &amp; Relationships</i>
4:15 pm	All resource booths close				

Having a hard time choosing which classes to go to? The presentations today (with the exception of Jill Manning) will be recorded and posted on our website so you can see the ones you missed and share your favorites.

# UCAP SLC 2015 - MAP

Second Floor - Rm 255 and Third Floor- Rm 355





NASW HAS APPROVED  
UP TO **5.5 CREDITS**  
FOR ATTENDING THE ENTIRE CONFERENCE.

*CEUs for Licensed Clinical Social Workers:* Please sign in when you arrive at the UCAP booth in **255** and sign out when you leave. Your certificate will be available when you leave. Thank you for expanding your skills at the UCAP Conference today!



**ENTER TO WIN!**  
**\$250**  
VISA GIFT CARD

Enter the drawing at the UCAP booth in room **255**. Drawing will be held during our general session between 1 - 1:30 pm. **Must be present to win.**

**DONATE:** Did you know that income such as registration fees covers less than half of the cost of this conference? We keep our fees low to allow all people to come regardless of financial circumstances. Generous donors like you make it possible to bring awareness, hope, and motivation to the public as they teach their families and take action in their communities. You can help people live happier lives free from pornography. Please join us to wipe out the impact of pornography. Donations will be accepted today at the UCAP Booth and can also be made at [utahcoalition.org](http://utahcoalition.org).



Tweeting about  
the conference?  
Use **#ucapconf**



Free WiFi is available in the large lobby areas of the Salt Palace, such as the Registration area on the mezzanine.



**Lunch:** Concessions will be open on the lower mezzanine near Registration. There are also many restaurants and food trucks in the area. If you brought your own lunch, there are tables set up in the mezzanine and you can also eat in any of our break-out rooms.



Note that if you parked in Salt Palace parking, you will need to pay again for parking if you leave.



**Health emergencies:** Please contact any of our event staff. We have an EMT on the premises.

# UCAP SLC 2015 - SPEAKERS & PRESENTATIONS FOR PROGRAM

**9:00 am**



## **EDWARD SMART**

*Keynote Address*  
**Rm 355**

Internationally recognized child advocate, Director at Operation Underground Railroad (OUR), and President of the Surviving Parents Coalition (SPC). His advocacy began as a result of the abduction and miraculous return of his daughter Elizabeth in 2002. His focus is children's safety including protecting children from abduction, bullying, abuse, sexual assault, and trafficking.

Along with other children's safety advocates, Ed tirelessly and successfully lobbied Congress and the Senate seeking passage of the National Amber Alert plan, the Adam Walsh Act, and The Protect our Children Act of 2008. He is currently working on state felony arrestee DNA legislation. He believes that "It is more important than ever to empower our children to know they have choices and options to be "prepared not scared" in the world we live in today."

Ed received his Bachelor Degree in Finance and MBA from George Washington University. He and his wife Lois are parents of six children.

## **10:15 - 11:00 am: Session 1 Break-outs**



## **MARK BELL, LMFT, CSAT**

*The Path Less Traveled: First Steps to Recovery*  
**Room 255B**

Identifying a pornography addiction is one thing. Knowing how to address it is another thing entirely. Mark will share the first steps to a realistic path of recovery from the compulsive attachment to pornography with regards to getting honest with oneself, recognizing and responding to triggers, establishing a long-term plan of action and accountability, dealing with the understandable reactions of loved ones affected by pornography addiction, and transforming physical intensity into emotional intimacy.

Mark Bell, LMFT, CSAT is a marriage and family therapist and a certified sex addiction therapist with Psychological Counseling Services, Ltd. in Scottsdale, AZ. He works with men struggling with sexually compulsive behaviors as well as the spouses and families impacted by the unhealthy sexual choices of their loved one. He trained under Dr. Patrick Carnes, the renowned expert on sexual addiction. Mark received degrees at the University of Southern Mississippi and Brigham Young University. He has frequently been interviewed and published in the media, and speaks nationally regarding topics of sexual and mental health. Mark and his wife, Dyan, are the parents of 5 sons.



## **JAKE AND POLLY SCOTT**

*Our Recovery - The Good, the Bad, and the Funny*  
**Rm 355**

Recovery is complex. It takes work and patience. Jake and Polly will outline their ongoing recovery with a personal account of the ups and downs of recovery, and the resources, tools, and general principles they use to continually build a secure marriage in spite of setbacks.

Jake and Polly Scott have approached recovery together - one day at a time. As a humor writer, Polly is known for her blunt comedy and honest confessions. After acne, a tumor, and imperfect parents didn't cure her depression, she studied the art of happiness. This skill led her to write comedy, prepared her to enjoy being single into her 30's, and then accidentally marry a porn addict. Jake, a patent attorney with a penchant for cold cereal, realized the futility of

trying to heal from addiction in secret. After confessing the truth of his addiction to Polly, he began a wholehearted recovery. Jake and Polly learned to fight well, freak out, stagger through the nervous breakdowns, and even laugh through the therapy, 12 Step, more 12 Step, and horrified looks. Jake and Polly used faith and the recovery process to move forward past mental darkness to a life of peace by letting the whole world know it's okay to be hopefully flawed.



## **KRISTEN A. JENSON, MA**

*A 5-Step Plan to Inoculate Kids against Porn*  
**Rm 255E**

How do you warn a young child about the dangers of Internet pornography? How do even begin the conversation? In this presentation, you'll discover the protective benefits of early warning, specific strategies for talking to kids and preparing them to reject pornography, and kid-friendly ways to discuss the brain science behind addiction. Best of all, you'll learn a 5-step CAN DO Plan™ to help your children install their own internal filter to protect their brain. No scary statistics, just real solutions you can use to inoculate your kids starting today. Come and get empowered! Time for Q&A at the end.

Kristen grew up wanting to write a children's book on the dangers of pornography. OK, that's a stretch! But it became her passion after she received a late-night phone call from a traumatized mother dealing with the consequences of her porn-addicted son. That's when she linked arms with Dr. Gail Poyner and spent the next three years writing the Amazon #1 best-selling book, Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids. Since then, Kristen has become a frequent speaker and guest on podcasts, webinars and radio broadcasts and is a member of the National Coalition to End Sexual Exploitation Prevention Task Force. She actively blogs at PornProofKids.org, where she helps parents empower their kids to reject pornography. Kristen is the mother of three (really great) kids and lives with her (really supportive) husband and (extremely cute) doggie in the beautiful state of Washington.



## **TROY RAWLINGS, JD**

*Pornography and the Criminal Justice System*  
**255F**

A discussion of the intersection between criminal law and pornography, with case examples to illustrate major points. The presentation will also discuss what the criminal and civil law can and cannot do and why. Case and statutory law will be discussed in a lively and interactive way, and examples will be given as to what you can do!

Troy is serving his 3rd term as the elected Davis County Attorney. Troy received his JD degree from the Cumberland School of Law, Samford University in Birmingham, Alabama. He spent some time in private practice specializing in criminal defense and family law. He joined the Davis County Attorney's Office as a prosecutor in January of 2000. Prior to his 2007 election, Troy was the Section Chief of the Special Prosecutions Unit in the Davis County Attorney's Office. As both a prosecutors and defense attorney, he has handled numerous cases and has been involved in many jury and bench trials related to violent crimes against children and women. Troy also serves on the Advisory Board of the National Center for Prosecutor Integrity and the Utah Board of Juvenile Justice. He has received both state and national professional awards.

## **11:15 - 12:00 noon: Session 2 Break-outs**

### **MARK BELL, LMFT, CSAT**

*The Path Less Traveled: First Steps to Recovery*  
**Room 255B**

Repeat of Session 1



### **DOROTHY MARYON, CMHC**

*"What's A Partner to Do?" Staying Sane through the Insanity of Relational Trauma*  
**Room 255F**

Relational trauma often follows the discovery of a sexual addiction in marriage. Learn practical ideas based on research and experience to support spouses as they navigate through the upheaval of discovery and the ensuing impact of trauma and inner turmoil.

Dorothy Maryon is a licensed clinical mental health counselor for the LifeSTAR program, specializing in partner's issues associated with sexual addiction and compulsivity in marriage. She has written and presented on relational trauma; creating safety when trust has been betrayed; grief and trauma work; what happy couples know; shame resilience; and sexual addiction and compulsivity. She was married to the late Daniel Maryon and they are the parents of three children.



**DINA ALEXANDER**

*The Best Strategies to Prepare and Protect Kids*  
**Rm 255E**

Discussing the dangers of online pornography can be daunting for many parents— and focusing on its opposite, healthy sexual intimacy, is the key to success! We have created simple, straightforward solutions to prepare you to talk with your children and teenagers about sexual intimacy and the unhealthy effects of watching porn. These critical dialogues don't have to be 'awkward', they can be incredibly empowering. Learn to leave shame and guilt out of these talks, build trust and improve the most vital of your communications. We will demonstrate how to layer various conversations, and express your personal feelings, values and cultural beliefs. If you can discuss these issues with your kids, you can talk about anything!

Dina Alexander is the founder and president of Educate and Empower Kids. She received her master's degree in recreation therapy from the University of Utah. She has taught in various capacities for the past 17 years, including marriage enhancement, art for young children, and group fitness. She has worked with teenage girls in a residential treatment setting, adults with drug addictions, and special needs children. She was raised in the Los Angeles area and currently lives in Albuquerque, NM with her husband and three children.



**CHARLES KNUTSON, PhD**

*I Love Technology - Except When I Hate It*  
**Rm 355**

Technology is a two-edged sword. Governments have risen and fallen by a Twitter feed. The knowledge of the world is at the fingertips of anyone on the planet with an Internet connection. Relationships are strengthened across time and geographic distance. But then there's the sewage conveniently piped into our homes and into our teens' back pockets. For all of its benefits, technology has made pornography more accessible and more anonymous than ever before in human history.

Dr. Charles D. Knutson is an Emeritus Professor of Computer Science at BYU and holds a PhD in Computer Science from Oregon State University. He's the father of ten children ages 16 to 28, and has been professionally involved in technology for more than 30 years (including engineering stints at Hewlett-Packard and Novell). Prof. Knutson has taught classes on Internet Safety at BYU's Campus Education Week, and taught a senior course at BYU entitled Ethics and Computers in Society. He founded the non-profit Internet Safety Project, and hosts the Internet Safety Podcast to educate parents, teachers, and teens about the benefits and risks of technology. He is the author of more than 130 technical and professional publications, as well as Digital Mists of Darkness, a book on Internet safety targeted to LDS parents and leaders (digitalmists.com).

**1:00 – 1:30 pm: Afternoon General Session | Rm 355**



**DAWN HAWKINS**

*National Victories in the End Exploitation Movement*

Hear about the successes accomplished recently in promoting decency and opposing pornography and sexual exploitation from Dawn Hawkins, Executive Director of NCOSE. The National Center on Sexual Exploitation (formerly Morality in Media) has led the movement and mobilized the grassroots efforts needed to advocate for change.

Dawn Hawkins, Executive director of the National Center on Sexual Exploitation (formerly Morality in Media) is a passionate defender of human rights who has dedicated her life to fighting against societal harms that threaten the dignity of others. Her energy, creativity, and mobilization skills have revived the anti-pornography movement. She developed a national strategy uniting conservative, women's rights, child advocacy,

religious groups, and political leaders on both sides of the aisle to work together in raising awareness of the pandemic of harm from pornography. Dawn has appeared on many national television programs, regularly authors articles, and speaks around the country addressing what can be done to curb the growing pornification of our culture. Dawn regularly volunteers for organizations devoted to helping children and the homeless. She is a graduate of Tufts University and currently resides with her husband, Michael in Virginia.



**JESSICA MOCKETT**

*The Heart of the Matter*

Jessica Mockett, director of The Heart of the Matter will introduce a short clip of the first documentary to give viewers an honest, complete portrait of what it means to be addicted to pornography and sex. This one-of-a-kind film is unique because it brings hope to a subject typically shrouded in shame and silence. It includes both personal accounts and expert commentary on the devastating effects of pornography on one's self-worth, family, and faith – and also the hope and joy of recovery.

**1:35– 2:45 pm: Session 3 Break-outs**



**DAN GRAY, LCSW, CSAT**

*"Let it Go!" Is Not Just a Catchy Song: The Healing Power of True Surrender*  
**255B**

Individuals and spouses struggling with the effects of pornography and sexual addiction often hold on to beliefs and practices which keep them "stuck" in unhealthy thinking and behavioral patterns. For decades 12-Step recovery programs have taught the concept of Surrender as a powerful force in moving forward in creating freedom and long term recovery. This workshop will assist strugglers, spouses, therapists and other helpers in exploring this critically important, yet sometimes difficult to understand process of "letting go." Please note that this session will include principles of mindful living with some focus on Judeo/Christian and other spiritually based practices and traditions.

Dan Gray is a licensed clinical social worker specializing in addictions counseling and is a Certified Sexual Addiction Therapist. He maintains a busy private practice, lecturing regularly and providing training and consultation to numerous civic, religious, and professional organizations throughout the country. He is the clinical director of the LifeSTAR Network program, which provides help for individuals and couples who are dealing with problems related to sexual addictions and compulsive behaviors. He co-authored and edited *Confronting Pornography: A Guide to Prevention and Recovery for Individuals, Loved Ones, and Leaders* and *Discussing Pornography Problems with a Spouse: Confronting and Disclosing Secret Behaviors*. Dan is married and the father of four. He enjoys fly fishing, hiking, biking, and anything outdoors.



**CHARLES KNUTSON, PhD**

*It's Not About Facebook Anymore: Social Media Risks for Post-Facebook Teens*  
**255E**

Technology evolves so quickly that the conventional wisdom and parental controls of just a few years ago are already outdated. Teenagers are flocking to a new crop of social media apps, most of which are news to parents and leaders. We'll dive deep into a dozen apps that you probably haven't heard of, but your teens have.

See bio in session 2.



**CLAY OLSEN**

*Helping Teens Take Steps Toward Recovery*  
**Rm 355**

Today's youth are dealing with the issue of pornography like no other generation before them. Many are silently struggling and desperately looking for help. After receiving thousands of emails and comments from youth around the country we've been able to learn a lot about the world teens are living in. Come learn what your teens are saying and how you can help them stay away from porn. Learn how to recognize signs of addiction, prevent it from becoming an issue, as well as how to address the problem if it's already infiltrated your home.

Clay Olsen is a passionate filmmaker, marketer, and entrepreneur born and raised in Northern Utah. Over the years he's been a part of starting several successful companies ranging from film, advertising, interior design, and nonprofits. He finds the most fulfillment in helping others, which is why he left a growing company and co-founded Fight the New Drug with a few like-minded friends. Since then they've been featured on ABC Nightline, ABC News, CNN, and the Dr. Drew Show. Clay has presented to nearly 150 schools and tens of thousands of teens all over the country. He believes education is the most powerful weapon to combat the influence of pornography in our society.

### DAWN HAWKINS

*Defending Dignity: We Can Stop Exploitation in Our Society* | **255F**

Working together we can combat pornography and sexual exploitation. We can work to change corporate and government policies that facilitate sexual exploitation by profiting from the distribution of sexual content world-wide. We can change local businesses and community regulations to improve community standards and the environment of your own neighborhood. Whether you want to speak out publicly or work quietly from the shadows, come learn how you can be an advocate to defend dignity and how you can motivate change for good!

See bio in general session.



### JILL C. MANNING, PhD

*Pornography & Singles: Creating a Porn-Free Life in a "Pornified" World*  
**255C**

Pornography has deeply impacted the social landscape singles face. Consequently, many singles have valid and pressing questions about this issue and wonder how to navigate a healthy and fulfilling path despite it – especially when it comes to relationships. This presentation will address many of these questions and concerns, as well as invite participants to further clarify and strengthen their own stance on pornography by reflecting on questions that will be posed during the session.

Jill C. Manning, Ph.D. is a Licensed Marriage & Family Therapist who specializes in research and clinical work related to pornography and its impact on families. She is a former Social Science Fellow at the Heritage Foundation in Washington, D.C., and has testified about the harms of pornography before a Senate sub-committee. She has been featured in numerous radio and television programs, and is the author of various academic journal articles, as well as a book and two audio CDs for Deseret Book. Originally from Alberta, Canada, she currently lives in Denver, Colorado with her husband and two daughters.

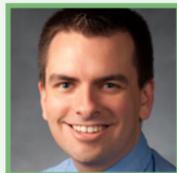
## 3:00 – 4:15 pm: Session 4 Break-outs

**DAN GRAY**, LCSW, CSAT; **DOROTHY MARYON**, CMHC; and **MARK BELL**, LMFT, CSAT

*Panel: Q&A on Understanding Recovery for Individuals, Marriages, and Families*

**Rm 355**

How can you help others in their recovery journey? Ask the experts your questions about pornography addiction and recovery, healing from betrayal trauma, and rebuilding marriages.



### ADAM M. MOORE, PhD, LMFT

*How Do I Set Boundaries In Recovery?*

**Rm 255B**

Setting and enforcing boundaries is a crucial part of sexual addiction recovery. However, the concept of boundaries can be confusing. Partners of addicts often wonder exactly what healthy boundaries are and how to implement them as part of their recovery. This session will cover the following topics: 1) definition of boundaries, 2) three different types of boundaries in addiction recovery, 3) specific examples of boundaries that can be set with self, family/friends, and the addict, 4) a detailed explanation of how and when to implement boundaries with example language to use.

Dr. Adam M. Moore is a Licensed Marriage and Family Therapist. He is assistant director of Brigham Young University's comprehensive clinic and clinical director of Utah Valley Counseling--an outpatient mental

health clinic that primarily focuses on treating pornography and sexual addiction and the trauma that partners of addicts experience. Dr. Moore has taught at Brigham Young University, Utah Valley University, and Argosy University. He is the recipient of a research award from the American Association for Marriage and Family Therapy and is currently President-Elect of the Utah Association for Marriage and Family Therapy.



### STEVEN AND RHYLL CROSHAW, TARA CROSHAW MCCAUSLAND

*What About the Kids? Protecting and Helping Children and Families Recover from the Effects of Pornography*

**Room 255F**

Families struggling with the effects of pornography can cause children to become confused from the lies, hiding, fear and disconnected relationships.

Tara Croshaw McCausland will join her parents to give an honest and hopeful view about growing up in a family where pornography and sexual addiction were present but well-hidden.

Steven and Rhyll Croshaw are founders of S.A. Lifeline Foundation, a nonprofit providing hope, education, and resources related to pornography and sexual addiction recovery and betrayal trauma healing. S.A. Lifeline published "He Restoreth My Soul", "Understanding Pornography and Sexual Addiction", "Protecting Families" and "What Can I Do About Me?" Steven and Rhyll are frequent speakers at events across the nation. They offer their personal, firsthand learning experiences, which have refined their shared recovery. Steven & Rhyll have been married for 42 years and are grateful to be working recovery one day at a time.

Tara McCausland holds a BS in Family, Consumer, Human Development from Utah State University. She has worked with at-risk youth and adults as an Especially for Youth Counselor, a life skills instructor at Amelia Earhart Elementary, a Utah Youth Village Families First Specialist, and a life coach. As the daughter of a recovering sex addict, she shares her story of hope and healing. Tara resides in St. George with her husband and 3 fiery little boys.



### KRISTEN JENSON, DINA ALEXANDER, & CLAY OLSEN

*Panel: Q&A on Preventing Problems and Protecting Young People*

**RM 255E**

What would you like to know about preparing children and teens to reject the lies of pornography and stand up for the

truth of human dignity and healthy sexuality?



### ANNIE VANDERMYDE, BONNIE YOUNG, AND EVAN VILOS

*Time to Talk About Trust & Truth: How Pornography Affects Dating & Relationships*

**Rm 255C**

People in the dating stage of life are finding that pornography can complicate relationships. Our panel understands this reality and will share what a single person needs to know about building honesty and trust for successful relationships.

Annie Vandermyde is a hair stylist, photographer, and single mom on the road to recovery after dealing with the consequences of a loved one's addiction to pornography. She understands and encourages those who are dealing with either side of this addiction, and is learning what to be aware of and how to build a healthy relationship.

Bonnie Young is currently pursuing a master's degree in Marriage and Family Therapy at Brigham Young University. She received a bachelor's degree in history from BYU. Under the advisement of Dr. Brian Wiloughby, she has conducted research on the influence of pornography on relationships, communication, and self-perception among emerging adults. She will be presenting her research on the influence of pornography on communication patterns in committed relationships at the Society for the Scientific Study of Sexuality in November. Bonnie enjoys trail running, frozen yogurt, and history.

Evan Vilos is a recently married social media manager. He met his wife, Jordan, while he was in the LifeStar Network program for pornography addiction recovery. The challenging experience of working through the impact of this issue on their relationship ultimately led them to a closer relationship and beginning a strong marriage based on trust.

# UCAP SLC 2015 - PONENTES Y PRESENTACIONES PARA EL PROGRAMA

Todas las clases en español estarán en 255C

## 9:00 - 10:00 am



### ANTONIO RAMÍREZ DE LEÓN, PhD, LPC

La pornografía: camino hacia la adicción- causas, efectos, y tratamiento

Rm 255C

La adicción a la pornografía puede ser definida como una adicción del comportamiento que está caracterizada por la necesidad creciente de ver material o contenido pornográfico. Estudios muestran que la adicción a la pornografía es posiblemente la mayor adicción de nuestros días. Las consecuencias de la pornografía son muy destructivas para todas las relaciones interpersonales y pueden en ocasiones convertirse en acciones de gran violencia. En este seminario exploraremos las causas para esta adicción, sus consecuencias, y sobre todo se presentaran los mejores tratamientos que ofrecen esperanza a las personas y familias que sufren de esta enfermedad.

Antonio nació y se crió en la ciudad de México. Recibió su licenciatura en Psicología por la Universidad de California en Irvine; Máster en Psicología de la Educación de la Universidad de Texas, y Doctor en Educación Asesoría y Supervisión de la Universidad de St. Mary en San Antonio. Dr. Ramírez tiene también un Master en Teología y Doctor en Ministerio de la Fundación Teológica de Graduados. Actualmente es estudiante de doctorado de la Espiritualidad de la Escuela Oblata de Teología. Él sirvió como misionero de tiempo completo yacía con los Misioneros del Espíritu Santo en Norte, Centro y Sudamérica durante 10 años. Ha ofrecido talleres, seminarios y retiros por más de 25 años. Actualmente, el Dr. Ramírez es profesor en la Universidad del Verbo Encarnado. Dr. Desde 2011, Antonio es director de Breathe - Respira - Orientación Profesional, Espiritualidad y Asuntos Inter-culturales. Él es el autor de El hombre - Reflexiones sobre Malé Identidad y Espiritualidad y editor del boletín mensual de respiración. Él se siente más orgulloso de estar en la Selección Nacional Mexicana de Béisbol de 1970.

## 10:15 - 11:00 am



### JOSÉ A SANTOS, PhD

La protección y sanación de matrimonios y familias

Rm 255C

El Dr. José A Santos ha sido miembro fundador del programa radial: CIMIENTOS FAMILIARES. Actualmente es Instructor certificado de Weber State University en el modelo RAM. Relationship Attachment Model, por el Dr. John Van Epp, quien es el creador de los programas Marriage LiNKS and PINK a partner (impartiéndose en Utah, con el apoyo del gobierno de los Estados Unidos). Originario de El Salvador, obtuvo su título de médico en Psicología Clínica. Profesor universitario, consultor en desarrollo organizacional y autor.

La protección y sanación de matrimonios y familias. Se plantea la amenaza hacia los matrimonios y familias, a través de cinco escenarios. Posteriormente se establece el QUID del problema, los niveles de la solución y el proceso para construir el escudo que permitiera enfrentar las tormentas familiares.

## 11:15 - 12:00



### ESPERANZA EGGETT AND JOHN MURDOCK, LCSW

Enseñar a los niños y adolescentes

Rm 255C

Aprenda lo que las familias pueden hacer para estar preparados para estar seguros, sanos y fuertes y superar la influencia de la pornografía.

Esperanza Eggett, nacida en Guayaquil, Ecuador, es graduada en Sistemas y Administración de Negocios de la ESPO y del LDS Business College respectivamente. Actualmente trabaja como Business Analyst para el departamento de Historia Familiar de la Iglesia de Jesucristo de los Santos de los últimos días. Casada en segundas nupcias, tiene 2 hijos adultos solteros de 25 y 23 años respectivamente. Ella y su esposo sirvieron como misioneros de servicio para la Mission Salt Lake Inner City por 2 años.

John Murdock es un trabajador social clínico con licencia con su propia práctica de la terapia privada. Es miembro de Lifestar Network, una empresa que se especializa en ayudar a los individuos y sus familias afectadas por la pornografía y la adicción sexual. En su práctica también se centra en la resolución del trauma y en cuestiones de matrimonio y familia. John se graduó de la Universidad de Utah y Brigham Young University. Sirvió una misión LDS en México y vivió en Guatemala por 3 1/2 años. Se desempeñó como intérprete de español en los de justicia y de distrito tribunales locales por cuatro años.

**Por favor complete la evaluación en el centro de este programa y dejarlo caer en las cajas antes de salir hoy.**

# UCAP SLC 2015 - VOLUNTEER OPPORTUNITIES

Would you like to get involved with UCAP? Here are some opportunities to volunteer:

1. Regional booth teams represent UCAP at local events in their area such as school parent nights and conferences.

---

2. Advisory Council members give advice and support to the UCAP Board of Directors. The council consists of 15-20 members who serve for one year, meeting 4 times per year. There is a link at [utahcoalition.org](http://utahcoalition.org) to learn more and submit the application: <http://utahcoalition.org/ucap-advisory-council>. *Applications will be accepted until May 22.*

---

3. Do you have skills with social media, writing, PR, videography, nonprofit law, event planning, or Wordpress web design that you would like to use to promote the cause?

---

4. Are you interested in volunteering at the conference next year?

**IF YOU WOULD LIKE TO LEARN MORE CONTACT** | [vauna.davis@utahcoalition.org](mailto:vauna.davis@utahcoalition.org)



# UCAP SLC 2015 - CONFERENCE EVALUATION

Help us make future conferences even better by sharing your thoughts about today's conference. Please fill out this sheet and return to a box at the UCAP registration table or in back of the break-out rooms. Thank you!

How did you hear about this conference:

- CHURCH   
  FRIEND   
  UCAP   
  OTHER: \_\_\_\_\_

Suggestions

1. The day and time of the conference was convenient.    YES    NO    \_\_\_\_\_
2. The location of the conference was convenient.    YES    NO    \_\_\_\_\_
3. The conference fee was appropriate.    YES    NO    \_\_\_\_\_
4. How soon would you attend another conference?  
 1 YEAR     2 YEARS     WOULD NOT ATTEND ANOTHER
5. I received the information and resources I needed.  
 STRONGLY AGREE     AGREE     DISAGREE     STRONGLY DISAGREE     UNDECIDED
6. I feel better prepared to discuss this issue with my children / spouse / friend / other.  
 STRONGLY AGREE     AGREE     DISAGREE     STRONGLY DISAGREE     UNDECIDED
7. I would recommend this conference to others.  
 STRONGLY AGREE     AGREE     DISAGREE     STRONGLY DISAGREE     UNDECIDED
8. I feel the overall quality of the conference was:  
 EXCELLENT     AVERAGE     POOR     UNDECIDED

What was most helpful or enjoyable about the conference?

What topics you would like to have discussed in future conferences?

Please share with us any suggestions you may have for future conferences.

# UCAP SLC 2015 - PRESENTATION EVALUATIONS

Our presenters continually work to make their presentations valuable. We welcome your feedback.

## Opening Keynote Address - Edward Smart

Comments

- Was the information communicated effectively? **YES** **NO** \_\_\_\_\_
- Was the information helpful? **YES** **NO** \_\_\_\_\_
- Did you learn something new about this topic? **YES** **NO** \_\_\_\_\_

## Break-out Session 1 - 10:15 am - Please mark the session you attended & evaluate the presentation.

- MARK BELL**     **KRISTEN JENSO**     **JAKE AND POLLY SCOTT**     **TROY RAWLINGS**

Comments

- Was the information communicated effectively? **YES** **NO** \_\_\_\_\_
- Was the information helpful? **YES** **NO** \_\_\_\_\_
- Did you learn something new about this topic? **YES** **NO** \_\_\_\_\_

## Break-out Session 2 - 11:15 am - Please mark the session you attended & evaluate the presentation.

- MARK BELL**     **DOROTHY MARYON**     **DINA ALEXANDER**     **CHARLES KNUTSON**

Comments

- Was the information communicated effectively? **YES** **NO** \_\_\_\_\_
- Was the information helpful? **YES** **NO** \_\_\_\_\_
- Did you learn something new about this topic? **YES** **NO** \_\_\_\_\_

## Break-out Session 3 - 1:35 pm - Please mark the session you attended & evaluate the presentation.

- DAN GRAY**     **CHARLES KNUTSON**     **CLAY OLSEN**     **DAWN HAWKINS**     **JILL MANNING**

Comments

- Was the information communicated effectively? **YES** **NO** \_\_\_\_\_
- Was the information helpful? **YES** **NO** \_\_\_\_\_
- Did you learn something new about this topic? **YES** **NO** \_\_\_\_\_

## Break-out Session 4 - 3:00 pm - Please mark the session you attended & evaluate the presentation.

- UNDERSTANDING RECOVERY PANEL**     **ADAM MOORE**     **SINGLE ADULT PANEL**  
 **STEVEN & RHYLL CROSHAW, TARA MCCAUSLAND**     **PROTECTING YOUNG PEOPLE PANEL**

Comments

- Was the information communicated effectively? **YES** **NO** \_\_\_\_\_
- Was the information helpful? **YES** **NO** \_\_\_\_\_
- Did you learn something new about this topic? **YES** **NO** \_\_\_\_\_

# UCAP SLC 2015 - EVALUACIÓN DE CONFERENCIAS

Ayúdanos a hacer conferencias futuras aún mejores por compartir sus pensamientos acerca de la conferencia de hoy. Por favor, complete esta hoja y volver a una caja en la mesa de registro UCAP o detrás de las salas de descanso . Gracias!

¿Cómo te enteraste de esta conferencia?

- IGLESIA**     **AMIGO**     **UCAP**     **OTRO:** \_\_\_\_\_

Sugerencias

1. El día y hora de la conferencia era conveniente. **SÍ** **NO** \_\_\_\_\_
2. La ubicación de la conferencia era conveniente. **SÍ** **NO** \_\_\_\_\_
3. La cuota de la conferencia era apropiada. **SÍ** **NO** \_\_\_\_\_
4. ¿Qué tan pronto usted asistiría a otra conferencia?  
 **1 AÑO**     **2 AÑOS**     **NO ME VOLVERÍA A ASISTIR A OTRA**
5. Recibí la información y los recursos que necesitaba.  
 **FUERTEMENTE ACORDAR**     **ACORDAR**     **DISCREPAR**     **TOTALMENTE EN DESACUERDO**     **INDECISO**
6. Me siento mejor preparado para hablar de este tema con mi hijos / esposo / amigo / otros.  
 **FUERTEMENTE ACORDAR**     **ACORDAR**     **DISCREPAR**     **TOTALMENTE EN DESACUERDO**     **INDECISO**
7. Yo recomendaría esta conferencia a otros.  
 **FUERTEMENTE ACORDAR**     **ACORDAR**     **DISCREPAR**     **TOTALMENTE EN DESACUERDO**     **INDECISO**
8. Siento que la calidad general de la conferencia era:  
 **EXCELENTE**     **PROMEDIO**     **POBRE**     **INDECISO**

Qué fué lo más útil o agradable sobre la conferencia?

¿Qué temas le gustaría haber discutido en las conferencias futuras?

Por favor, comparta con nosotros cualquier sugerencia que pueda tener para futuras conferencias.

# UCAP SLC 2015 - EVALUACIONES DE PRESENTACIÓN

Agradecemos sus comentarios.

## Antonio Ramírez

Comentarios

¿Era la información comunicada de manera efectiva? **SÍ** **NO** \_\_\_\_\_  
¿Te resultó útil la información? **SÍ** **NO** \_\_\_\_\_  
¿Has aprendido algo nuevo sobre este tema? **SÍ** **NO** \_\_\_\_\_

## José Santos

Comentarios

¿Era la información comunicada de manera efectiva? **SÍ** **NO** \_\_\_\_\_  
¿Te resultó útil la información? **SÍ** **NO** \_\_\_\_\_  
¿Has aprendido algo nuevo sobre este tema? **SÍ** **NO** \_\_\_\_\_

## Esperanza Eggett y John Murdock

Comentarios

¿Era la información comunicada de manera efectiva? **SÍ** **NO** \_\_\_\_\_  
¿Te resultó útil la información? **SÍ** **NO** \_\_\_\_\_  
¿Has aprendido algo nuevo sobre este tema? **SÍ** **NO** \_\_\_\_\_

# UCAP SLC 2015 - STATEMENT OF BELIEFS

WE BELIEVE:

- That families are the foundation of stable societies, & should be protected.
- Pornography has harmful effects on individuals, families, & communities.
- Existing obscenity laws should be enforced.
- Organizations working to oppose pornography can have a greater impact through collaboration.
- That pornographic content impairs a child's developing brain, and that children should be proactively protected from such content.
- Consumers have a right to be warned of the harms of pornography so they can make informed choices.
- People who desire to overcome challenges with pornography need education and resources to be successful.
- Parents need education and resources to help children use media & technology in positive ways and to avoid the harmful effects of pornography.
- In the freedom to choose the media we experience and that we have the right to not be exposed to sexual content without our consent.
- That informed media consumers can influence what is presented to the public.
- We believe the media shown in the public square should, by and large, show positive, respectful depictions of bodies, relationships, and sexuality.
- Sexual health is a state of physical, emotional, mental and social well-being related to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, violence, and/or causing harm to others.



# PYÜR

The world's first smart filter.  
Start visualizing the way your loved ones use the internet.

[www.pyurweb.com](http://www.pyurweb.com)

**REAL RECOVERY**  
*is more than just sobriety*

[UTAHVALLEYCOUNSELING.COM](http://UTAHVALLEYCOUNSELING.COM) | 801.407.4134



## REAL HEALING

*is finding your voice*

**UTAH VALLEY COUNSELING**

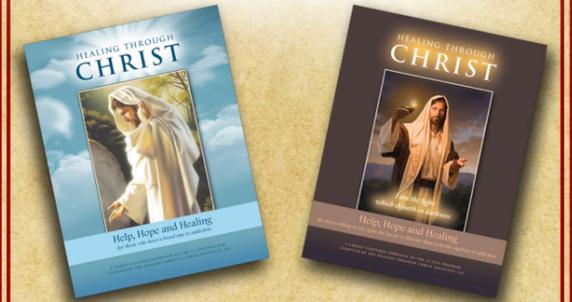
| SEXUAL ADDICTION RECOVERY | HEALING FROM TRAUMA |  
| MARRIAGE COUNSELING | EATING DISORDER TREATMENT |

## NATIONAL CENTER ON SEXUAL EXPLOITATION

TAKE ACTION AT [ENDSEXUALEXPLOITATION.ORG](http://ENDSEXUALEXPLOITATION.ORG)



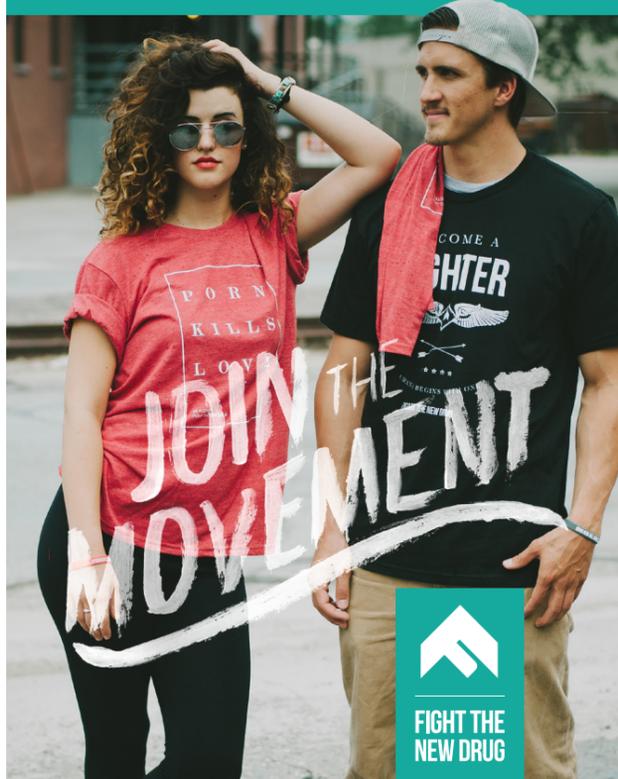
## HEALING THROUGH CHRIST FOUNDATION



**Help, Hope, and Healing**  
for those afflicted by pornography addiction.

[www.healingthroughchrist.org](http://www.healingthroughchrist.org)

[FIGHTTHENEWDRUG.ORG](http://FIGHTTHENEWDRUG.ORG)



**FIGHT THE NEW DRUG**

*Sometimes the wrong choices...  
lead us to the right places.*

Outpatient   Intensive Outpatient   Residential

Services Include:

- o Assessments
- o Individual Therapy
- o Couples Therapy
- o Group Therapy, and
- o Spouse Support



Faith-based treatment specializing in depression, anxiety, trauma, relationships, and sex/porn related addictions.

*Come Visit Our Booth Today...*

**Utah Addiction Centers**  
MIND • BODY • SPIRIT • HOPE

**Call Today!!!**  
**801-766-2233**

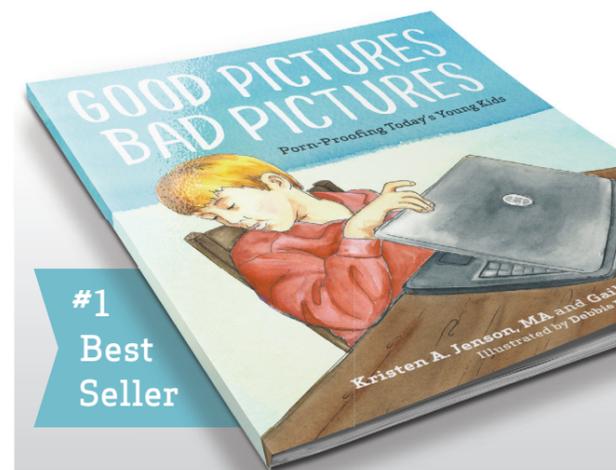
Now Healing In:  
Midvale, Richfield, and  
Eagle Mountain

[www.UtahAddictionCenters.com](http://www.UtahAddictionCenters.com)

## The internal filter.

"The practical, positive and powerful tool families need."

VAUNA DAVIS, UCAP EXECUTIVE DIRECTOR



Conference Special at Booth #24

## FREE Recovery Program For Youth



**FORTIFY**  
a step toward recovery

[FORTIFYPROGRAM.ORG](http://FORTIFYPROGRAM.ORG)

# Connections

Counseling Services  
Sexual Compulsion  
Recovery Program

Learn how to reclaim your life, reestablish trust, and restore hope in your future.

Receive the tools and support to find hope, healing, and lasting recovery from pornography addiction and compulsive behaviors.

Recovery requires changing your lifestyle and effectively addressing the underlying issues that lead to sexual acting out.

Join us for our ten week beginning recovery program

Groups available for individuals and couples

Next session beginning May 6th, 2015

Spanish counseling also available

Stop by our booth or contact us for more information

801-272-3420  
admin@connections.com  
Contact us today!

[www.sexaddictionutahcounty.com](http://www.sexaddictionutahcounty.com)



**Women Working Together to Protect Children, Families and Communities From Pornography**

Media education and support groups on Facebook, Twitter, our website, chapter lessons and activities.

"White Ribbon Week" in the schools.

"Good Pictures Bad Pictures" in libraries, and schools.

Uniting with like-minded women's organizations, anti-porn organizations and legislative actions to support decency in our communities.

Find us on Facebook, Twitter & [WomenforDecency.org](http://WomenforDecency.org)

# together we rise above



## Togetherness Conferences

Featuring renowned sex-addiction therapists, professionals, and inspiring individuals; this is a day of education, empowerment, and healing for women.



## Togetherness Communities

Providing unity and healing to women as they study monthly lessons written for us by therapists, attend local guided Community Chapters, and participate on our private Facebook group.



Education, empowerment, and community for women affected by a loved one's addiction.



The Togetherness Project



[togethernessproject.org](http://togethernessproject.org)



[togethernessproject](https://www.instagram.com/togethernessproject)



[TogethernessPro](https://twitter.com/TogethernessPro)

## Are your children PROTECTED?

SPECIAL UCAP DISCOUNT!

Net Nanny protects your kids from pornography, cyberbullying and 16 other categories of online dangers.



20% OFF

For attendees of the UCAP 2015 Conference! Use coupon code **ucap2015** at checkout.

Net Nanny®  
[netnanny.com](http://netnanny.com)

## PROTECT YOUR FAMILY ONLINE... INSTANTLY



Limited Time Router Coupon Code  
**UCAP2015**  
TO GET 30% OFF

## In a crisis or feeling stuck? Accelerated therapy -one year in one week!

Psychological Counseling Services innovative program has proven to quickly and cost effectively help people with compulsive and addictive behavior, prior traumas, relationship difficulties and mood disorders.



The PCS outpatient intensive is a viable option when you are stuck, providing 30 hours of individual/couple therapy and over 20 hours of group therapy per week.

Your emotional health is vital to your well-being and it deserves the focused, personalized attention the 26 therapists at PCS can provide.

Ralph H. Earle, M.Div, Ph.D., A.B.P.P., LMFT  
Marcus Earle, Ph.D., LMFT  
Over 35 years experience

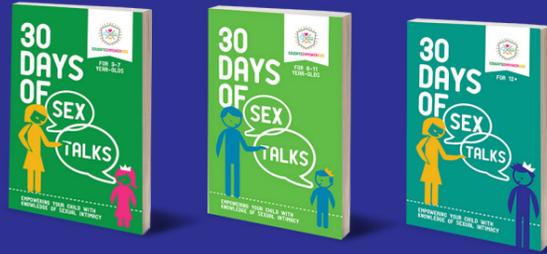
480-947-5739 [www.pcsearle.com](http://www.pcsearle.com)



psychological counseling services

PCS, 7530 E. Angus Drive, Scottsdale, AZ 85251

WE GIVE PARENTS THE TOOLS THEY NEED TO HELP THEIR CHILD NAVIGATE THE INTERNET SAFELY.



EDUCATEEMPOWERKIDS.ORG



Download a free discussion guide on talking about pornography when you're dating.

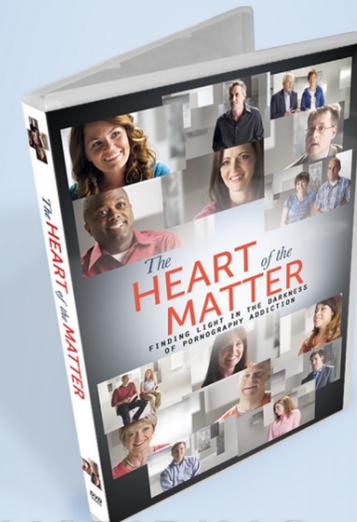
Search for: sa lifeline love trust truth

#lovetrusttruth

Distributor: SA Lifeline  
Author: Vauna Davis, Executive Director of UCAP

# The HEART of the MATTER

A DOCUMENTARY ABOUT FINDING LIGHT IN THE DARKNESS OF PORNOGRAPHY ADDICTION



“INSPIRING & REDEMPTIVE”

– Jonathan Daugherty, Be Broken Ministries

“Eye Opening”

“COMPELLING”

“A film EVERY Christian MUST SEE”

– William A. Donne, Author: We will End the Conflict Now

“Refreshingly Candid”

www.TheHeartoftheMatterMovie.com

DISTRIBUTED BY  
S.A. LIFELINE FOUNDATION  
www.salifeline.org

West Ridge Academy

In-Home. Outpatient. Day Treatment. Residential  
(801) 282-1000  
westridgeacademy.com

Share your screen.  
Live better.

Accountability Soft  
www.accountabilitysoft.com

## Counseling For Teens, Young Adults & Their Families



Pornography Addiction  
Sexting Addiction  
Technology Addiction  
Virtual Reality Therapy

Ask us about our intensive outpatient network therapy program, call today.



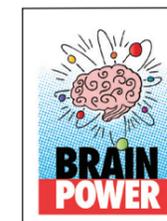
UtahFamilyTherapy.com  
801-901-0279

Bring **Internet Safety** to your school!  
Download free booklets at: whiteribbonweek.org



Positive! Empowering! and now easier than ever!

- Each step-by-step booklet includes daily messages, activities, instructions, letter to parents and even a checklist for you!
- Age-appropriate for grades K-6 and easily adapted for older kids.
  - Students have a blast while learning something so vitally important.



You can make a huge impact in the life of a child.

visit [www.whiteribbonweek.org](http://www.whiteribbonweek.org)



desertsolace.com

# FAILED TREATMENT?

Inquire within.

[www.waterfallconcept.org](http://www.waterfallconcept.org)

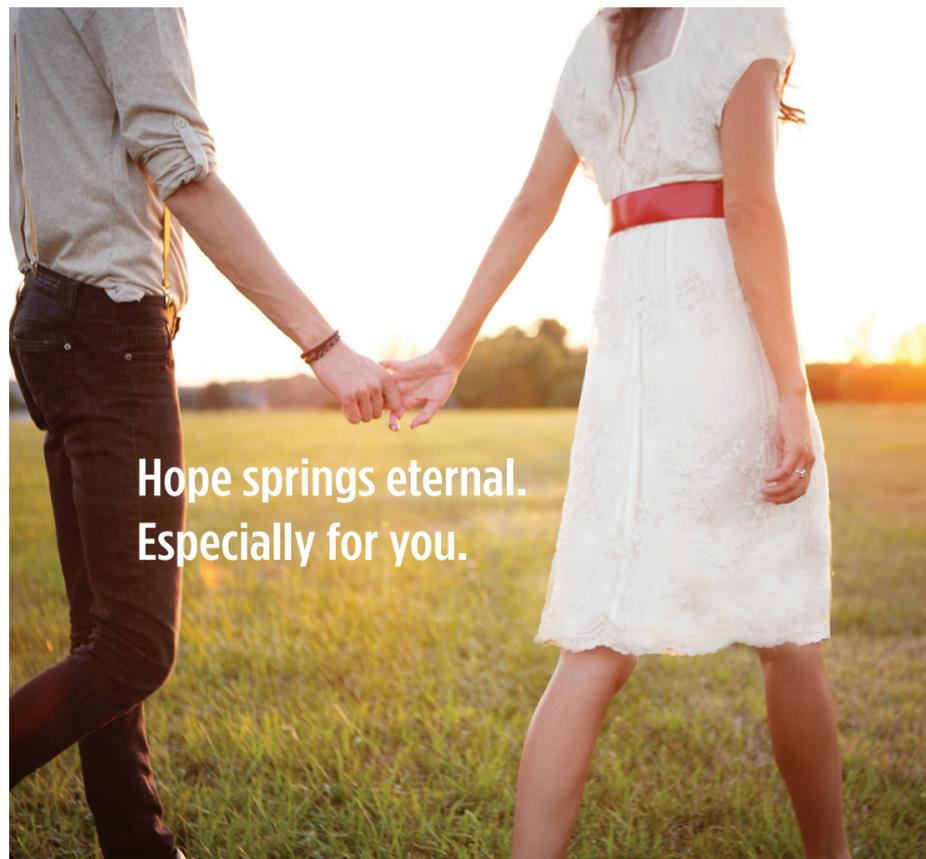
# The Recovery Puzzle

Achieving recovery and healing from pornography addiction and betrayal trauma is possible...



Recovery requires a firm commitment to healthy living:

- ✦ A willing heart
- ✦ Complete honesty
- ✦ Time
- ✦ Persistent work
- ✦ Spiritual guidance from God
- ✦ Working with a qualified therapist
- ✦ Dedication to working the 12-steps on an ongoing basis
- ✦ Education



Hope springs eternal. Especially for you.

A demanding and completely wonderful 6-day intensive program for the treatment of pornography and sexual addiction.

888.980.1600  
[lifestartherapy.com](http://lifestartherapy.com)

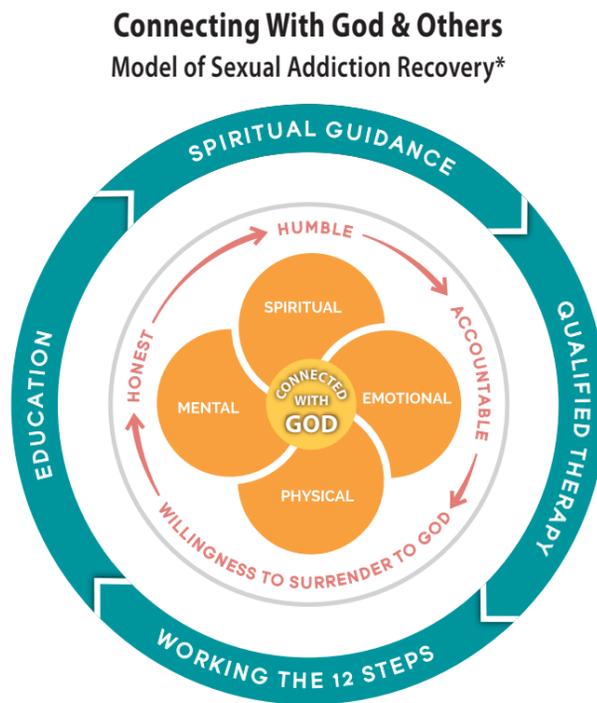
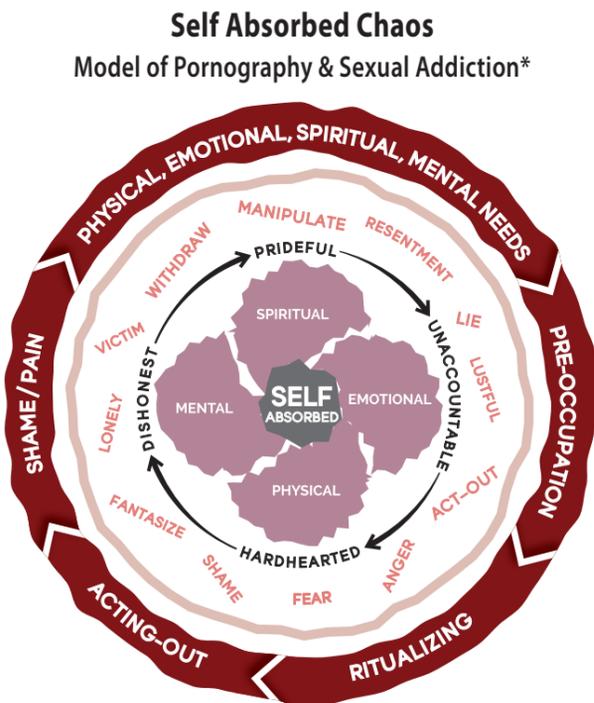
**LifeStar**  
INTENSIVE OUTPATIENT PROGRAM



**S.A. LIFELINE FOUNDATION**

[www.salifeline.org](http://www.salifeline.org)

**OUR PURPOSE:** Providing individuals, couples and families hope for recovery from sexual addiction and betrayal trauma through education, supporting 12-step recovery groups, encouraging spiritual guidance, and emphasizing qualified therapy.



## 1. Is using pornography a problem?

The choice to use pornography is more than a moral judgment:

“Pornography is neither harmless nor helpful. It is a mood-altering, belief-changing, relationship-damaging, addiction-forming, socially-harmful, spiritually-deadening, life-crippling practice, through which one practices the ways of the adversary.”

—Jill C. Manning, PhD

Three stages lead to sexual addiction: 1) Unhealthy sexual behaviors provide self-centered pleasures; 2) Such behaviors are chosen to alter moods and emotions. Shame, emotional withdrawal and self-absorption escalate and life becomes unmanageable; 3) Efforts to stop such “acting out” are unsuccessful—in spite of negative consequences or a sincere desire to quit.

For those who are caught in this vortex of a *behavioral addiction*, escape seems impossible. Serious relationship challenges emerge, faith in God is questioned, and life-threatening consequences may follow.

## 2. Is recovery possible?

If the one caught in this trap desires—and follows—the path of recovery, *recovery is possible!* God’s grace is sufficient for all who honestly and humbly seek it.

## 3. How does one recover?

One must freely choose for himself or herself to step onto the path of recovery from sexual addiction—and *stay on it*. That path is narrow and may seem steep at times, so a long-term commitment is vital. Without a firm resolve to “do whatever it takes,” discouragement may set in during setbacks, and sadly, a return to illicit sexual behaviors will likely follow.

To *step on* the path of recovery, the most basic requirements are a willingness to surrender to God’s will, and courage to be totally honest, accountable and humble.

To *stay on* the path of recovery, help from others is essential. This includes: 1) Seeking spiritual guidance; 2) Working with a qualified therapist; 3) Working the 12 Steps, and 4) Educating themselves.

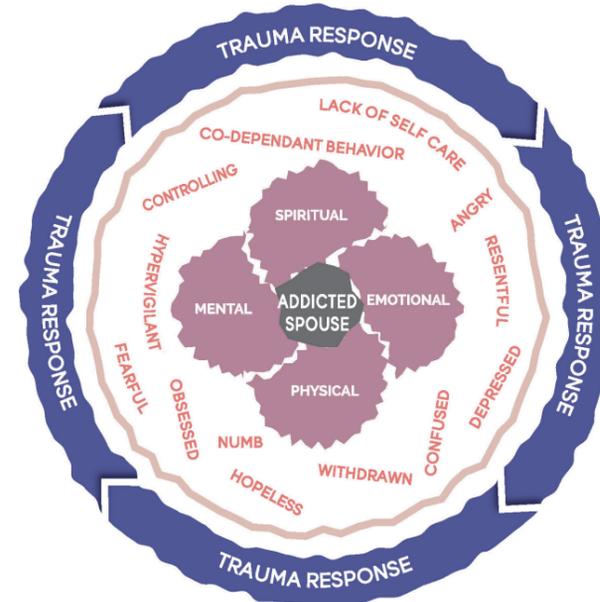
**Faith + Grace + Action =  
Recovery from Sexual Addiction**

## 4. What does recovery look like?

Recovery is both *observed* and *felt*. Besides being free from sexual “acting out” behaviors, it is characterized by honesty, humility and accountability, and a willingness to serve God and others.

## Spouse Betrayal Trauma—and Healing

Model of Spouse Betrayal & Trauma\*



## 5. How does pornography affect the spouse?

A pornography or sexual addict is self-absorbed and thus has little or no emotional connection with others. Living with—or having lived with—such an addict brings feelings of confusion and fear into a spouse’s life. These women feel emotionally isolated and doubt their own personal worth. In fact, many characteristics of PTSD (Post Traumatic Stress Disorder) are present in such spouses. This is called *betrayal trauma*. They often take extreme measures to outwardly appear perfectly in control—yet inside they really feel out of control, “crazy” and unloved.

Most of these women sensed that something was not right in their relationship. But when they questioned their husband they were assured with comments such as “Everything is OK,” or with anger and resentment for even asking.

For a time the betrayed spouse may have felt pacified, but soon became preoccupied with thoughts such as: *Why won’t he even talk to me? Maybe if I were more sexual or changed my body, then he would love me. I can fix this for him.* Conversely, they may have thought: *He’s ruining my life and our family. I feel bitter, angry and afraid.* Or they may have minimized it: *It’s not that important. That’s just the way men are.*

Eventually the betrayed spouse realized that it was all about the lies. In despair, they didn’t know whether they could trust any aspect of their relationship. Something had to change. Yet they may not have known where to go for support and wise guidance.

Model of Spouse Healing & Recovery\*



## 6. How does the spouse heal from betrayal trauma?

To *step on* the path of healing, traumatized spouses need to embrace these truths: 1) They are not the cause of the addiction nor can they fix or change their addicted spouse—he is making his own decisions; 2) They have been deeply injured by the deceit, disrespect and anger in their relationship; 3) Only with God’s help can they themselves truly heal and thrive.

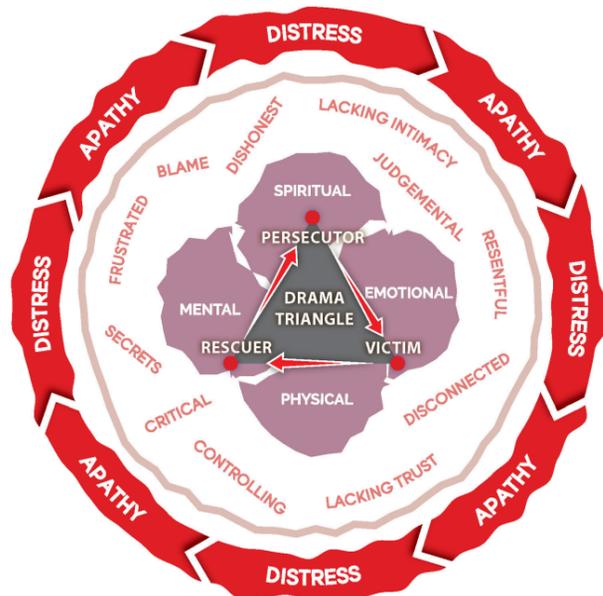
To *stay on* the path of healing and recovery, help from others is indispensable. This includes: 1) Seeking spiritual guidance; 2) Working with a qualified therapist; 3) Working the 12 Steps—alongside support from 12-Step groups for spouses, and 4) Educating themselves about the addiction and trauma and their effects on the family.

Some may argue that all of this effort is unnecessary—after all it is *his* problem. *If he would just stop, then everything would be OK.* But it is not that simple. If betrayed spouses do not recover from their own trauma, they may continue to live out an emotionally paralyzed life with fear always at the doorstep.

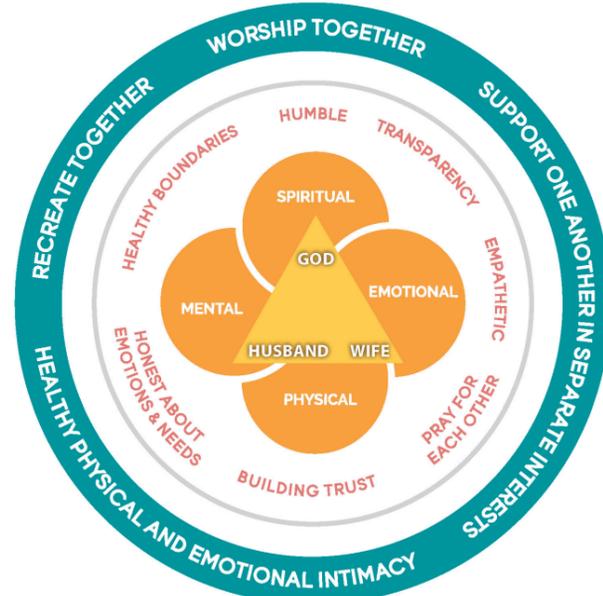
But with consistent effort, time and the grace of God, such spouses can and will heal. That is the miracle! They learn how to choose to live a healthy lifestyle, which includes self-care and honesty about their emotions and needs. They also learn how to set healthy boundaries based on safety, love, and respect for themselves and others. Such actions connect them more closely with God and they become more available for honest and loving relationships.

## Recovering the Distressed Marriage

Model of the Distressed Marriage\*



Model of Recovering the Distressed Marriage\*



### 7. How does pornography use affect the marriage?

Pornography use often leads to sexual addiction, then betrayal trauma, and negatively impacts the marriage on several levels. Early on, a critical disconnection takes place between a husband and wife—even if both parties are not aware of the illicit sexual behaviors. Bitter seeds of dishonesty, disrespect and selfishness are sown and grow unchecked.

At the center of the distressed marital relationship we see the Drama Triangle. Ironically, both partners often take turns playing out the roles of *rescuer*, *persecutor* and *victim*. There may even be seasons of relative calm. Such calm, however, is usually based on apathy toward one another and projects a false sense of well being.

But we know that fear, resentment and anger eventually return. For self-preservation and a measure of safety many couples resort to living parallel lives—a kind of virtual divorce. They can be disconnected in nearly every meaningful way: emotionally, physically, mentally and spiritually. Too many stop striving for a synergistic relationship and accept apathy and dysfunction as their new way of life. Divorce often seems to be the only way out.

### 8. Can the distressed marriage be saved?

A marriage is made up of two individuals—two separate entities; the marriage itself constitutes a third entity. The marriage damaged by sexual addiction and betrayal trauma may need to be put on “the back burner” for a season while the husband and wife each begin their own recovery.

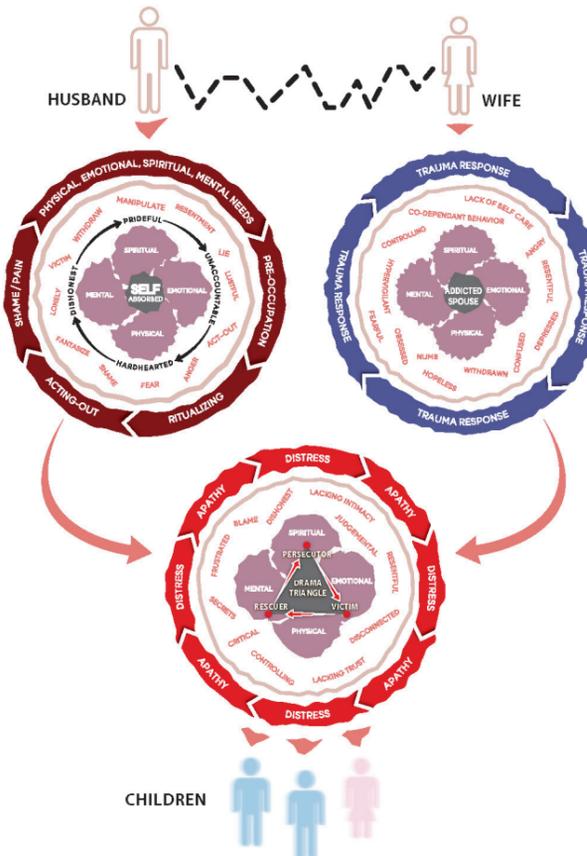
Healing the marriage comes next, and is a natural outgrowth if both partners are pursuing their individual path of recovery. Additionally, sacred trust that has eroded over time must be rebuilt over time.

The distressed marriage can indeed be saved! It even has the potential to thrive when its foundation includes a shared connection with God, total honesty, appropriate boundaries and healthy intimacy. Healthy parents who continue to strive to strengthen their marriage are then prepared to teach their children—by example—how to live a balanced life full of joy and peace.

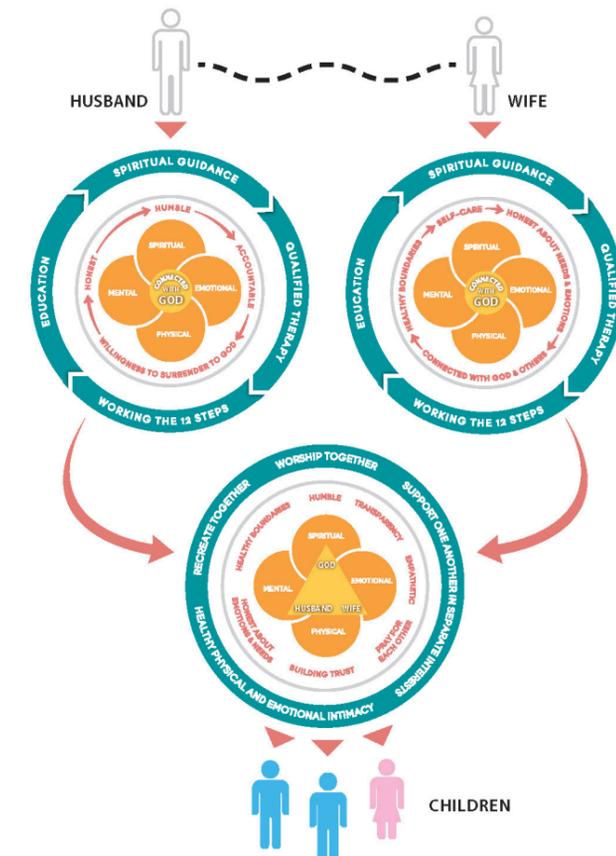
\* **Explanation of the Circular Models:** The 4 petals within each model represents an individual—or a marriage—as a physical, emotional, spiritual and mental being or entity. The center of the circle indicates the *primary* focus of the heart. The white area enveloping the 4 petals represents a person’s thoughts, behaviors and emotions. And the outermost circle represents actions, outreach and responses.

## Strengthening Children & Protecting Their Future

Model of the Unhealthy Family



Model of the Healthy Family



### 9. How is the family impacted?

Try as they may, unhealthy parents cannot shield children from the collateral damage of addiction and betrayal trauma. This idea has been reaffirmed after two decades of research by The American Academy of Pediatrics who issued a landmark warning that toxic stress can harm children for life. “You can modify behavior later, but you can’t rewired disrupted brain circuits,” says Jack P. Shonkoff, a Harvard pediatrician who has been a leader in this field.

Even though they might not know why, children in such families are emotionally distanced from the addicted parent and grow up without that vital sense of belonging and safety. A lack of positive affirmations and encouragement stunts their potential. Their loyalty to the family may waver as they turn outside the family to fulfill their needs and wants.

Unsurprisingly, without healthy family anchors children tend to become confused or ambivalent about the line between right and wrong and their relationship with God. Other important values and life skills remain underdeveloped and their chances for happiness diminish.

### 10. How do healthy parents fortify children?

Even if not for themselves at first, addicted or traumatized spouses would do well to seek healing and recovery for the sake of their children. Good fruit (happy and well-adjusted children) comes from a good tree (emotionally healthy parents).

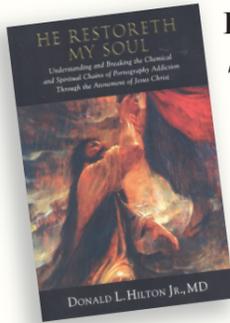
Since children are not born with a clear sense of self, they discover it—and it is molded—through the influence of those who are most important to them. Children come to trust their parents’ values and their love; then feeling personally secure, blossom and mature.

Parents who are unified by their shared relationship with God encourage each child to nurture that relationship. Children become more confident in their understanding of what is right and wrong, kind and mean-spirited, selfish and selfless, respectful and disrespectful.

“It is easier to build strong children than to repair broken men.”

—Frederick Douglass

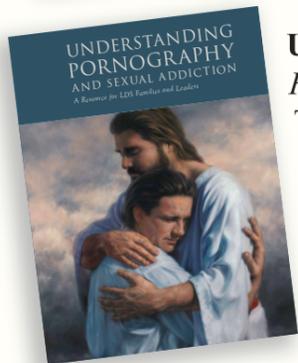
## RESOURCES Published by S.A. Lifeline Foundation



**He Restoreth My Soul: *Understanding and Breaking the Chemical and Spiritual Chains of Pornography Addiction through the Atonement of Jesus Christ***, by Donald L. Hilton Jr., MD.

This book, written to an LDS audience, is the #1 seller in its category. Dr. Hilton explains sexual addiction and hope for recovery on both a neurological and spiritual level. Available where LDS books are sold.

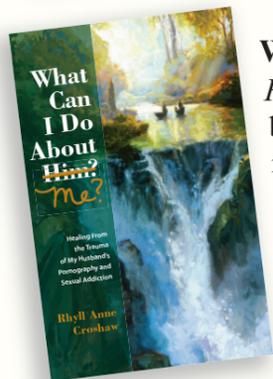
**Suggested Retail: \$19.95.**



**Understanding Pornography and Sexual Addiction: *A Resource for LDS Families and Leaders***, compiled and edited by S. A. Lifeline Foundation.

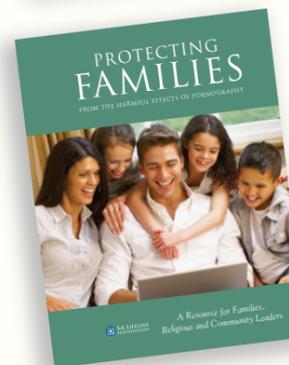
This manual is a top seller in its category, written to an LDS audience, contains reliable information about pornography and sexual addiction, including answers to frequently asked questions about what is necessary to support recovery for those addicted – and their afflicted loved ones. Available where LDS books are sold.

**Suggested Retail: \$19.95.**



**What Can I Do About Him? Me? *Healing from the Trauma of My Husband's Pornography and Sexual Addiction***, by Rhyll Anne Croshaw. A top selling book in its category. Rhyll provides a first hand account of both the trauma and recovery from living with or having lived with an individual with a pornography and sexual addiction. Rhyll describes her journey from gut wrenching pain, trauma, and abandonment to peace and serenity, and provides hope to all who are experiencing or have experienced similar circumstances. Available where LDS books are sold.

**Suggested Retail: \$16.95.**



**Protecting Families from the Harmful Effects of Pornography: *A Resource for Families, Religious and Community Leaders***, compiled and edited by S. A. Lifeline Foundation.

This manual provides a non-denominational look at a major spiritual, physical, psychological, and social issue afflicting the world at large. It provides answers to many questions about the dangers of pornography and what is necessary for recovery for those addicted—and their afflicted loved ones.

**Suggested Retail: \$19.95.**

# Worried about what your children see online?

Sign up for the Utah Child Protection Registry to prevent companies marketing pornography, alcohol, tobacco, gambling and illegal drugs from targeting your family. Its simple, fast and FREE for all Utah families!



[www.donotcontact.utah.gov](http://www.donotcontact.utah.gov)



**S.A. LIFELINE FOUNDATION**

For more information, our mission & resources, visit [salifeline.org](http://salifeline.org).

*S.A. Lifeline Foundation* is a 501(c)3 non-profit organization committed to providing hope, support, education and resource for those impacted by pornography and betrayal trauma. *S.A. Lifeline Foundation* is not affiliated with any religious organization. These publications are neither sponsored nor endorsed by The Church of Jesus Christ of Latter-day Saints.



## Sexting- A Quick Guide for Parents

### What is it?

The term “sexting” is a combination of the word “sex” and “text”. Sexting refers to the act of sending sexually explicit messages and/or photographs, primarily between mobile phones.

### Why do teens do this?

The reasons for sexting are varied and it depends on the age of those involved. In an established relationship, sexting can be used as a means of flirting with one’s partner. It can be a way to gather feedback and approval from the object of our affection. For teens, sexting can be about flirting, but more importantly it makes teens feel like they are being more adult.

### In a 2012 study conducted at the University of Utah they found:

- 40% of Utah teens admitted to having RECEIVED a sext from another teen
- 20% of Utah teens admitted to having SENT a sext to a peer
- Over 25% of teens that have received a sext have FORWARDED it to another person
- Over a third of Utah teens said that they didn’t think about the legal ramifications of receiving and sending a sext

### Legal Implications

From a legal standpoint, the sending and receiving of photographic sexts, if the sender and receiver are under 18 years of age, would fall under Utah’s Child Pornography laws. Let that sink in for a second . . . Child Pornography. If an individual who is 18 and over solicits a sexting photo from someone under 18, they would be charged with a felony level Child Pornography. An adult convicted of Child Pornography would have to register on the Utah Sex Offender Registry for the rest of their lives. If someone is convicted of Child Pornography and they are under 18 years of age, Utah law allows some leniency and only charges it at a misdemeanor level. This would mean that teens convicted of Child Pornography charges stemming from sexting would not be placed on the Sex Offender Registry. However, the reduction in charges does not diminish the impact of sexting or the importance of parents talking to their kids about it.

**It is better to talk to your children about sexting before it is a problem. Here are some tips.**

**1. Don’t Overreact:** The most common reaction parents have whenever they hear about anything bad happening on the internet, social media, or on their children’s phones is to ban all access to those items. However, doing so will isolate their children from their support networks. We grew up in a world very different from our children. We talk wistfully about being able to roam around our neighborhood without worry, dusk signaling when we were supposed to come home. Growing up, we had a lot of unstructured time in which we were able to interact with our peers, hanging out and having fun. Children today don’t have that same sort of freedom. Schedules are tightly structured, with children going from one activity to another- school, sports, church ac-

tivities, etc. This leaves very little time for teens today to have the socialization time that they need for their cognitive/social development. Today, the majority of that important developmental peer interaction happens online and through cell phones. These devices are a communication tool, and a tool only. They are not the source of the problem. Talk to your children about how they use this tool and together come up with rules and guidelines for safe use.

**2. Be Honest:** Talking about sexting with teens requires a lot of honesty and there are times where you are going to be uncomfortable talking about a topic. It is ok if your children see you struggling with a topic- that struggle is part of the teaching moment. Tell them why you are having a hard time with the conversation. Your children come to you because they love and trust you. The more honest you are with them, the closer they are going to feel to you.

**3. Talk About the Implications of Sexting:** There are different sociological implications for teen boys and teen girls when we talk about sexting. For girls, the most common sexting photo taken will include their chest and their face. For girls, it is much harder to remain anonymous if they send someone a sext. For boys, sexting photos are normally of their genitals, making it much easier for them to remain anonymous if that photo gets forwarded on to their peers. Also, remind your children that there is a permanence to the internet. Phone applications like “SnapChat” may advertise that photos last only a few moments, but there have been several prominent hacking cases that have shown otherwise.

**4. Talk to Your Children About Boundaries and Peer Pressure:** Healthy relationships are built around individuals having healthy boundaries, and those individuals respecting the boundaries of others. Teach your kids to listen to their gut. If something doesn’t “feel” right, then it most likely isn’t. The “ok, not ok” game can be a helpful tool in talking about possible future situations. Help your children learn to feel comfortable when saying “no”, and more importantly, teach your children to respect and back down when someone else tells them “no”.

**5. One Conversation is NOT Enough:** Talking about sexting and issues surrounding it should be a multi-part conversation instead of a one-time lecture to your teens. Breaking up difficult topics into multiple parts allows your children time to process the content of the conversations, and time to feel comfortable in asking you follow-up questions that they might have. Choose your moment to bring up a topic. Everyday situations can lead to amazing conversation starters- such as a scene from a movie or TV show, a song lyric, or a news story. Ask your teen what they think about the situation, or if they know anyone who that has happened to. Let them answer first, and then give them your opinion.



## OUR *Clean & Safe Media* PLEDGE

As a family, we commit to making clean and safe media choices in order to keep our home a happy and healthy place to be.

### *We will do this by*

1. Selecting books, Web sites, music, magazines, activities, and/or movies that are in harmony with our family values.
2. Being kind to ourselves and to others by not posting or forwarding anything that could cause hurt, embarrassment, or offense. If we receive a text or e-mail that makes us feel uncomfortable, sad, or scared, we will tell a parent right away.
3. Showing respect for our body and others' bodies by not looking at or posting nude or immodest images. If we accidentally come across something inappropriate, we will tell a parent right away.
4. Protecting identifying information by not posting phone numbers, addresses, or personal information in places where they can be seen by strangers. If we are unsure, we will ask a parent before posting personal information.
5. Never meeting up with someone we have met online unless a parent knows exactly where we are and someone accompanies us.
6. Limiting our media use when it is late at night or we are home alone.

Signatures:

Date:



## NUESTRA PROMESA DE *Medios de Comunicación Limpios y Sanos*

Como familia, nos comprometemos a seleccionar medios de comunicación limpios y sanos para conservar nuestra integridad a las normas del evangelio y mantener nuestro hogar feliz y saludable.

### *Lograremos esto al*

1. Seleccionar libros, sitios Web, revistas, actividades, u/o películas que estén en armonía con nuestros valores de familia y que inviten el acompañamiento del Espíritu Santo.
2. Siendo amables a nosotros mismos y hacia otros al no enviar o transmitir algo que pueda causar daño, vergüenza, u ofensa. Si recibimos un mensaje de texto o correo electrónico que nos haga sentir incómodos, tristes, o con temor, se lo comunicaremos a uno de los padres lo más pronto posible.
3. Mostrar respeto por nuestro cuerpo y el cuerpo de otros al no ver o transmitir imágenes desnudas o inmodestas. Si accidentalmente nos cruzamos con algo inadecuado, se lo comunicaremos a uno de los padres lo más pronto posible.
4. Protegiendo información de identidad al no transmitir números telefónicos, domicilios, e información personal en lugares donde puedan ser vistos por desconocidos. Si no estamos seguros, preguntaremos a uno de los padres antes de compartir información personal.
5. Nunca nos reuniremos con alguien que hayamos conocido en línea, a menos que un padre esté enterado exactamente de donde estaremos y alguien nos acompañe.
6. Limitando nuestra utilización de los medios de comunicación cuando es demasiado tarde por la noche o nos encontramos solos en casa.

Firmas:

Fecha:

# 2015 THE DIRTY DOZEN LIST

## 12 LEADING CONTRIBUTORS OF SEXUAL EXPLOITATION

DIRTYDOZENLIST.COM

A PROJECT OF MORALITY IN MEDIA AND NATIONAL CENTER ON SEXUAL EXPLOITATION



### U.S. Department of Justice

The DOJ refuses to enforce existing federal obscenity laws against pornography despite the fact that these laws have been upheld by U.S. Courts and previously enforced. Pornography is a public health crisis and DOJ must not be on the side of pornographers.



**Verizon** – Verizon profits from sexual exploitation by pushing it into homes through multiple ways, including pay-per-view movies on their FIOS TV, as an Internet Service Provider and as a wireless carrier. They've even defended child-themed porn as a benefit to their consumers. It's time Verizon had a change in policy.



**Hilton Hotels** – This top hotel chain provides hardcore pornography movie choices with themes that include: children, incest, rape, sexual slavery, and extreme violence. Other popular hotels, such as Marriott and Omni, refuse to profit from this exploitation.



### American Library Association

– For years, ALA has encouraged public libraries to keep all computers unfiltered and to allow patrons, including children, access to pornography. As a result, child sexual abuse, sexual assault, exhibitionism, stalking and other lewd behavior takes place in libraries across the country.



### American Apparel

Apparel's advertising strategy is to normalize the objectification of women. To sell products, the company regularly features nude or provocatively posed young girls with an emphasis on women's breasts or buttocks. **Alert: American Apparel promised to change. Will they?**



### Sex Week on College Campuses

– University campuses are overwhelmed with reports of sexual violence, yet many of these schools welcome so-called "sex week" celebrations where pornography, violent sexual practices and the hook-up culture are promoted as harmless fun.



**Backpage.com** – Backpage.com is the leading U.S. website for prostitution advertising, generating nearly 80% of the online prostitution advertising revenue. Trafficked children and women are sold on Backpage daily and the site is even actively opposing laws that make it a felony to advertise sexual services of children.



**Facebook.com** – In recent years, Facebook has taken measures to curb exploitation, but they have a long way to go as the world's most popular social networking site. It has become a top place to trade pornography and child pornography, as well as a place of prostitution and sex trafficking.



**CKE Restaurants** – Owner of over 3,300 Carl's Jr. and Hardees locations, CKE Restaurants utilizes rank sexual suggestions and explicit images of the female body in commercials and print ads to sell hamburgers.



**50 Shades of Grey** – The bestselling book series and film glamorize and legitimize violence against women through sexual violence, abuse of power, female inequality, and coercion. Help us inform mainstream pop culture and news outlets that are promoting the material and the abusive lifestyle it promotes.



**Google's YouTube** – Google has worked to curb exploitation in other tools they offer, but yet they still allow hundreds of hours of porn videos to be uploaded to YouTube each day. Google does little to enforce their policies prohibiting such content and the SafeSearch feature is far from reliable.



### Cosmopolitan Magazine

– This staple of the supermarket checkout line is a porn magazine. Cosmo glamorizes things like public, anal or violent sex in nearly all of their issues. It's time that Cosmo be sold to adults only and have the cover wrapped like all other porn mags in retail shops.



# 2015 SUMMIT

SEPT. 10-12 2015

Renaissance Orlando  
at SeaWorld in Orlando, FL  
(\$119/night if you book in advance)

REGISTER ONLINE AT

[www.EndExploitationSummit.com](http://www.EndExploitationSummit.com)

If your goal is to oppose sexual exploitation in ANY of its forms, be sure to attend this Summit for movement leaders. Together, we can work to oppose pornography, sex trafficking, violence against women, the sexualization of children, destroyed families and all other devastating consequences.

This summit is for the leaders, activists and concerned citizens ready to take this fight to the next level. You will leave this conference EMPOWERED to make a difference and win the war!

**This revolutionary summit will provide:**

#### ISSUE TRAINING:

We have assembled the top speakers in the world to present the most up-to-date research findings on the harms of pornography.

#### ORGANIZATIONAL TRAINING:

To win the war against sexual exploitation, media, digital strategy and fundraising training is critical! We are bringing in experts to teach us all how to do these things better.

#### NETWORKING & STRATEGIZING:

We need you as we work toward creating national change regarding these complex social issues. You can contribute a unique perspective based on your experience and strengths that can help us as we create a national strategy.

FOR MORE INFORMATION CONTACT DAWN HAWKINS 202-393-7245 OR DAWN@NCOSE.COM

**\$250 Earlybird (register before or on July 31, 2015)**

**\$300 (register after July 31, 2015)**

**\$125 for students.**

\*GROUP DISCOUNTS AVAILABLE. CONTACT US.



**UTAH COALITION  
AGAINST  
PORNOGRAPHY**

PROTECT

FAMILY

VALUES

COMMUNICATION



[utahcoalition.org](http://utahcoalition.org)



[facebook.com/utahcoalition](https://facebook.com/utahcoalition)



<https://twitter.com/utahcoalition>

*Teach a Parent, Save a child.*

**IF YOU WOULD LIKE TO LEARN MORE CONTACT** | [vauna.davis@utahcoalition.org](mailto:vauna.davis@utahcoalition.org)