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**Comprehensive Psychological
and Psychiatric Services for
individuals, families, couples,
and groups, treating:**

anxiety
depression
relationship conflicts
medical evaluation
medication management

Addiction Disorders

drug & alcohol dependency
sexual/internet addiction
compulsive gambling
eating disorders
relapse prevention
impaired professionals
adults & adolescents

Behavioral Medicine

pain management
stress management
relaxation training
self hypnosis
chronic illness

Threat Assessment

workplace violence evaluation
violence prevention consultation
fitness for duty evaluation
critical incident debriefing
anger management

Performance Enhancement

sports psychology
executive coaching

Sex Addicts

Sex Addicts Anonymous

Contact: 213-896-2964

Email: www.saa-recovery.org

Meetings

MONDAY

Los Angeles 12:15 PM - Mixed/Closed
Bethel Lutheran Church, 5750 W. Olympic Blvd.
Info Line: 213-896-2964
Contact: Neil M. at 310-858-0184

Torrance 7:30 PM - Spanish SAA Monday Night Meeting -Mixed/Spanish/Closed
Location: Del Amo Hospital, 23700 Camino Del Sol
Information: call Ricardo C. at 310-834-1531
Contact: Samuel T. at 310-489-5994

TUESDAY

Los Angeles 12:15 PM - Mixed/Closed
Location: Bethel Lutheran Church (Library), 5750 W. Olympic Blvd.
Info Line: 213-896-2964
Contact: Adam S. at 310-717-4537

Los Angeles 7:30 AM - Good Morning Grace -Mixed/Closed
Location: Bethel Lutheran Church, downstairs library, 5750 W. Olympic Blvd.
Information: call Fred C. at 310-550-7975
Contact: Anthony B. at 323-931-6970

Los Angeles 8:00 PM - Hope & Recovery Study - Mixed/Closed
Location: Bethel Lutheran Church, Library, 5750 W. Olympic Blvd.
Info Line: at 213-896-2964

Torrance 7:30 PM - South Bay Big Book Study -MixedClosed
Location: Del Amo Hospital (Teen Class Room), 23700 Camino Del Sol
Information: call Info Line at 213-896-2964
Contact: David G. at 310-719-7052

WEDNESDAY

Los Angeles 12:15 PM - Mixed/Closed
Location: Bethel Lutheran Church, 5750 W. Olympic Blvd.
Information: call Adam W. at 323-874-9383

Los Angeles 8:00 PM - St John's Wednesday Night Meeting - Mixed/Closed
Location: St John's Presbyterian Church, Yellow Room, 11000 National Blvd.

Torrance 12:00 PM - Wednesday Noon Del Amo -Mixed/Closed
Location: Del Amo Hospital, 23700 Camino Del Sol
Information: call Jerry G. at 310-541-2666
Email: Jerry G. at ggiffin_jpayne@msn.com

Torrance 7:30 PM - South Bay Spanish Speaking Meeting -Mixed/Spanish/Closed
Location: Del Amo Hospital, 23700 Camino Del Sol
Information: call Ricardo C. at 310-834-1531
Contact: Samuel T. at 562-597-6633

THURSDAY

Long Beach 6:00 PM - Men/Closed
Location: Long Beach Health Center, room 101, 2525 Grand Ave.
Contact: 562-673-1138
Email: Craig W. at dropin@iwon.com

Los Angeles 7:30 AM - Come Get Your Clarity -Mixed/Open
Location: Bethel Lutheran Church, downstairs library, 5750 W. Olympic Blvd.
Information: call Fred C. at 310-550-7975
Contact: Anthony B. at 323-931-6970

Torrance 7:30 PM - Del Amo Thursday Hope & Recovery -Mixed/Closed
Location: Del Amo Hospital, 23700 Camino Del Sol
Information: call Dan M. at 310-488-2397
Contact: Dan M. at 310-488-2397
Email: Dan M. at danmla@appleisp.net

FRIDAY

Los Angeles 12:15 PM - 12 BY 12 BY 12:15 - Mixed/Closed
Location: Bethel Lutheran Church, 5750 W. Olympic Blvd.
Information: call Info Line at 213-896-2964
Contact: Anthony B. at 323-931-6970

SATURDAY

Los Angeles 10:30 AM - Saturday Bethel Lutheran Church Men's Stag -Men/Closed
Location: Bethel Lutheran Church, upstairs, 5750 Olympic Blvd.
Info Line: at 213-896-2964

Los Angeles - Saturday 7PM Bethel Lutheran Church
Type: Mixed/Closed ([click here for explanation](#))

Los Angeles 5:00 PM - Transmissions From the Human Heart -Mixed / Closed
Location: Mt. Hollywood Church Chapel, 4607 Prospect Ave.
Information: call Jeff C. at 310-927-6796
Email: write Jeff C. at saasilverlake@mac.com

Torrance 7:30 PM - Recovery or Bust -Mixed/Closed
Location: Del Amo Hospital, 23700 Camino Del Sol
Information: call Marlowe at 310-488-7763

SUNDAY

Santa Monica 9:30 AM -Santa Monica Beach Meeting -Mixed/Closed
Location: Lifeguard Station #25, Ocean Park Blvd.
Email: Group Email at Beach_meeting@yahoo.com

SEX-ANON (S-ANON)

Wednesday 7PM South Bay Community Church of Brethren

Location: 2761 W. 190th Street, Torrance, CA , Fireside Room

What is Sexual Addiction?

Sex Addiction can involve a wide variety of practices. Sometimes an addict has trouble with just one unwanted behavior, sometimes with many. A large number of sex addicts say their unhealthy use of sex has been a progressive process. It may have started with an addiction to masturbation, pornography (either printed or electronic), or a relationship, but over the years progressed to increasingly dangerous behaviors.

The essence of all addiction is the addicts' experience of powerlessness over a compulsive behavior, resulting in their lives becoming unmanageable. The addict is out of control and experiences tremendous shame, pain and self-loathing. The addict may wish to stop --- yet repeatedly fails to do so. The unmanageability of addicts' lives can be seen in the consequences they suffer: losing relationships, difficulties with work, arrests, financial troubles, a loss of interest in things not sexual, low self-esteem and despair.

Sexual preoccupation takes up tremendous amounts of energy. As this increases for the sex addict, a pattern of behavior (or rituals) follows, which usually leads to acting out (for some it is flirting, searching the net for pornography, or driving to the park.) When the acting out happens, there is a denial of feelings usually followed by despair and shame or a feeling of hopelessness and confusion.

A Useful Tool for Self-Assessment

Answer these twelve questions to assess whether you may have a problem with sexual addiction.

1. Do you keep secrets about your sexual or romantic activities from those important to you? Do you lead a double life?
2. Have your needs driven you to have sex in places or situations or with people you would not normally choose?
3. Do you find yourself looking for sexually arousing articles or scenes in newspapers, magazines, or other media?
4. Do you find that romantic or sexual fantasies interfere with your relationships or are preventing you from facing problems?
5. Do you frequently want to get away from a sex partner after having sex? Do you frequently feel remorse, shame, or guilt after a sexual encounter?
6. Do you feel shame about your body or your sexuality, such that you avoid touching your body or engaging in sexual relationships? Do you fear that you have no sexual feelings, that you are asexual?
7. Does each new relationship continue to have the same destructive patterns which prompted you to leave the last relationship?

8. Is it taking more variety and frequency of sexual and romantic activities than previously to bring the same levels of excitement and relief?
9. Have you ever been arrested or are you in danger of being arrested because of your practices of voyeurism, exhibitionism, prostitution, sex with minors, indecent phone calls, etc.?
10. Does your pursuit of sex or romantic relationships interfere with your spiritual beliefs or development?
11. Do your sexual activities include the risk, threat, or reality of disease, pregnancy, coercion, or violence?
12. Has your sexual or romantic behavior ever left you feeling hopeless, alienated from others, or suicidal?

If you answered yes to more than one of these questions, we would encourage you to seek out additional literature as a resource or to attend a Sex Addicts Anonymous meeting to further assess your needs.

Biography- Sex Addicts

A Gentle Path Through 12 Steps: Patrick Carnes

Hope & Recovery- A Twelve Step Guide To Healing From Compulsive Sexual Behavior:
Patrick J. Carnes

The Workbook For Hope and Recovery: Hazeldon Press

Out Of The Shadows: Patrick Carnes