

Facing

the Shadow

In-patient Sex Addiction Treatment

Introducing

South Africa's first dedicated In-patient Sex Addiction Treatment Unit.

The programme is based on the research of Dr Patrick Carnes, an internationally recognised leader in the field of sex addiction.

The dedicated groups are facilitated by Corrie Davidson, the only certified sex addiction therapist (CSAT) in South Africa, registered with IITAP (International Institute of Trauma and Addiction Professionals) USA.

Full accommodation is provided in a fully registered treatment facility – Ixande House.



The Programme

Utilizing optimal treatment methodology including evidence-based psycho-education lectures, cognitive behavioural therapy, individual and interactional group therapy, stress management, as well as holistic alternatives to meet the unique needs of each client, we emphasize the preventative, biological, psychological, social, environmental, spiritual, and family aspects of sex addiction treatment.

The programme includes:

- ❖ Highly qualified and experienced multi-disciplinary team of clinical professionals
- ❖ 24 hour nursing staff
- ❖ Clinical care in a therapeutic community setting
- ❖ Twice weekly dedicated closed therapeutic groups aimed at arresting the destructive cycle of sex addiction
- ❖ Individualised, comprehensive recovery plan and aftercare support
- ❖ Daily stress reduction programme including Reiki, yoga, exercise with physical trainer, art therapy, horse riding and mountain and beach walking
- ❖ All written material and books required for the programme
- ❖ Intensive family process work in second month
- ❖ Best possible addiction care at the lowest possible price
- ❖ Integration into 12-Step Fellowship

Contact Details

Facilitator:

Corrie Davidson obtained her BA Honours degree at the University of Stellenbosch and holds an MA in Clinical Social Work from the University of Cape Town. Corrie works with trauma, addiction and co-dependency at in-patient facilities, as well as running her own private practice.

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Ixande—House of Many Corners

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Length of treatment is determined on assessment

Minimum stay 28 days