



INFORMATION FOR PROFESSIONALS

S-Anon and S-Ateen are Twelve-Step programs of recovery that can be a source of hope and help for those who are being or have been affected by the sexual behavior of another person. Every person determines for themselves whether or not they belong in S-Anon or S-Ateen; no referral is needed.

Many helping professionals encourage clients who have been affected by someone's compulsive sexual behavior to attend S-Anon or S-Ateen meetings for understanding and support. Many S-Anon and S-Ateen members have found meetings and working the Twelve Steps of S-Anon and S-Ateen to be helpful complements to professional treatment.

S-ANON IS:

- A fellowship of people who have been affected by the sexual behavior of a relative, friend, or someone else, who share their experience, strength, and hope to solve their common problems.
- A program of recovery adapted from Alcoholics Anonymous and Al-Anon and based on the S-Anon Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.
- A fellowship requiring no dues or fees for membership. S-Anon is self-supporting through member contributions.
- A program whose only requirement for membership is that a person is adversely affected by the sexual behavior of another person.
- A fellowship whose primary purpose is to help families and friends of sexaholics.
- An anonymous program. All members are asked to respect each other's anonymity, that is, to keep in confidence what is said and who is seen at an S-Anon meeting.

S-ATEEN IS:

- A Twelve Step program for young people ages 12-19 who have been affected by the sexual behavior of a relative, friend, or another person. We have experienced many instances of "family" recovery and know that young people can benefit.
- A fellowship whose groups follow the S-Ateen Twelve Steps and Twelve Traditions and principles.
- A program whose groups are conducted separately from S-Anon groups and are guided by adult S-Anon members who are certified S-Ateen Group Sponsors.

S-ANON AND S-ATEEN GROUPS ARE NOT:

- Counseling or therapy groups. We do not give advice; we suggest by telling how we solved similar problems through our experiences.
- Affiliated with professionals or organizations. We do not recommend, discuss, or mention names of therapists, treatment centers, or other professionals during a meeting.
- Religious groups. We do not discuss or endorse any specific religious point of view. S-Anon and S-Ateen are spiritual programs, but the principles are useful to all, whether attendees follow any or no faith or creed.
- Focused on gossiping, criticizing, or staying stuck in the problem. We are here to help ourselves and other group members by focusing on solutions to our problems, not the sexaholics' problems.

WHO WOULD BENEFIT FROM S-ANON/S-ATEEN?

Any person (a spouse, parent, adult child, brother, sister, friend, co-worker, or other) who has been affected by another person's sexual behavior can benefit from S-Anon and S-Ateen. Whether or not the sexaholic seeks help individually, those troubled by the sexual behavior of another person can benefit from attendance at an S-Anon or S-Ateen meeting.

WHAT CAN MY CLIENTS GAIN FROM S-ANON/S-ATEEN?

They will find support and friendship from others who understand. They will no longer feel alone or that they are the only ones experiencing these emotions.

WHAT CAN BE EXPECTED AT S-ANON/S-ATEEN MEETINGS?

Meetings follow a suggested format with readings and time for sharing. Your client is free to just listen and would not be expected to share until they feel comfortable doing so. It is customary in most meetings to use first names only. Generally, experienced program members take turns leading the meetings. They read S-Anon/S-Ateen Conference Approved Literature and introduce a topic. Members who wish to share may be called on by the meeting leader or may just take turns speaking. Members address the group as a whole rather than addressing comments or questions to individual members and share their own experiences, without interruptions and without giving or receiving advice. Members listen and try to gain insights into common problems and possible solutions. We leave our other identities outside the discussion, other Twelve Step issues, philosophies, religions, therapies, and occupations. At the close of the meeting, we read a reminder about anonymity.

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HOW DO I REFER A CLIENT TO S-ANON OR S-ATEEN?

More information about the program and meetings can be found on www.sanon.org. A free, digital Newcomer Welcome Packet is also available for download.

S-Anon in-person meetings are held throughout the United States, Canada, and many other countries. S-Anon phone and online platform meetings are also available and can be found on www.sanon.org.

S-Ateen meetings are primarily available as virtual meetings. Experienced S-Ateen Group Sponsors are available to speak with professionals or inquirers about S-Ateen. There is at least one virtual meeting weekly, and more may be added as the fellowship grows. There are also several virtual and in person events held during the year which will include an S-Ateen program.

As a professional, you may find it helpful to have some S-Anon/S-Ateen literature on hand such as *Is S-Anon for You?*, *Is S-Ateen for You?*, *S-Ateen: What It's Like to Be Me*, and *We're Glad You're Here: Helpful Information for the Newcomer*, which can be purchased through the online store at www.sanon.org.

WHAT IF THERE ARE NO S-ANON/S-ATEEN GROUPS IN YOUR AREA?

Phone and online platform meetings make the program accessible, even for those living in areas without in-person meetings. Information about these meetings can be found at www.sanon.org. *S-Anon Recovery When There's No Local Group* is a pamphlet that offers additional suggestions on how to participate in S-Anon and S-Ateen when there is no in-person meeting. This pamphlet is available as a free download through the online store at www.sanon.org.

HOW CAN I HELP MY CLIENT GET STARTED IN S-ANON/S-ATEEN?

- Ask your client to attend six or more meetings before deciding whether S-Anon/S-Ateen is for them. Meeting topics and leaders vary.
- Suggest your client get a sponsor as soon as possible, choose a sponsor who has the recovery your client wants, and who speaks of practical experience using the Twelve Steps and Twelve Traditions.
- Encourage your client to develop a support network within the S-Anon/S-Ateen fellowship by attending meetings regularly as well as calling/emailing and getting to know more than one person.
- S-Anon and S-Ateen have developed a list of questions that may help indicate if someone has been affected by the sexual behavior of another person. Please visit www.sanon.org for a downloadable version of these checklists. The questions are also printed in the pamphlets *Is S-Anon for You?* and *Is S-Ateen for You?*

S-ANON TWELVE STEPS

1. We admitted we were powerless over sexaholism—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

(The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that AA has approved the contents of this work, nor that AA agrees with the views expressed therein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps in connection with programs which are patterned after AA but which address other problems does not imply otherwise.)

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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SUGGESTED S-ANON LITERATURE:

Is S-Anon for You?

Is S-Ateen for You?

S-Ateen: What It's Like to be Me

We're Glad You're Here: Helpful Information for the Newcomer

S-Anon: The Problem, Keys to Recovery, Gifts of the Program

What is the S-Anon Point of View?

S-Anon Twelve Steps

S-Anon Twelve Traditions

Working the S-Anon Program

Reflections of Hope

S - ANON
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