

Shari Cohn

MSSW, LCSW, SC, CSAT

Certified Sex Addiction Therapist

Licenses and Certifications

- Wisconsin Licensed Clinical Social Worker (LCSW)
- Certified Sex Addiction Therapist (CSAT) certified by the International Institute For Trauma And Addiction Professionals
- Academy of Certified Social Workers
- EMDR Level 2 Certified

Affiliations

- Society For The Advancement of Sexual Health
- American Association of Sex Educators, Counselors and Therapists
- National Association of Social Workers

In my clinical training as a Certified Sex Addiction Therapist, I was taught by Dr. Patrick Carnes, therapist, researcher and author of the classic books on sex addiction Out Of The Shadows and Don't Call It Love. I use Dr. Carnes' research based, focused therapy to help people recover from sex addiction.

Please visit my website to learn more about these issues. I include Internet resources and a reading list that I compiled.

www.ShariCohn.com

608-237-8000 x 109

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Certified Sex Addiction Therapist

- Psychotherapy/Counseling
- Sex Therapy
- Treatment For Sexual Addiction and Compulsivity
- Treatment For Cybersex Addiction/Internet Sex Addiction
- Therapy For Partners/Spouses and Families of Sex Addicts
- Therapy for Sexual and Non-Sexual Trauma and Abuse/Assault
- Therapy for Post Traumatic Stress Disorder (PTSD)/ EMDR
- Sex Therapy for Survivors of Trauma and Abuse/Assault
- Individual Therapy
- Couples/Marriage Counseling
- Therapy for Depression and Anxiety
- Help with Life Challenges

Providing Specialized Treatment Services to the Greater Madison, Wisconsin Area For Over Twenty Years.

Most Standard Health Insurance Plans, some HMO's and PPO's will cover my services. Please contact me for more information and to set up our first meeting. I look forward to being of assistance to you.

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*Depression/Anxiety
Life Challenges
Individual Therapy
Couples/Marriage Counseling
Abuse/Assault
Sexual Problems
Sexual Trauma
Sex Addiction
Cybersex Addiction*

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**Reclaiming Sexuality...
Reclaiming Your Life
One Step at a Time**

Tel: 608-237-8000 ext 109

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**Midwest Center For
Psychotherapy and Sex Therapy
6300 University Avenue
Middleton, Wisconsin 53562**

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I am a clinically trained, licensed psychotherapist and sex therapist with over twenty years experience providing psychotherapy and sex therapy in the Madison, Wisconsin area.

The Midwest Center for Psychotherapy and Sex Therapy, where I provide psychotherapy services, is a Wisconsin state certified outpatient mental health clinic located in Middleton, Wisconsin just bordering Madison.

I know that asking for help can be very hard. Asking for help when you are feeling overwhelmed is especially difficult.

My goal in therapy is to provide professional, compassionate assistance to clients who are struggling with challenges in their lives.

I am not judgmental. I am respectful. I have clear boundaries. I am not abusive. These basic beliefs are integral to the work I do, especially with clients who have experienced abuse and boundary violations.

In my many years providing psychotherapy services, I have developed and continue to learn specialized clinical skills. I am committed to helping individuals, couples and families to overcome the problems they are facing in order to reclaim their lives.

Specialized Treatment Issues Addressed In Psychotherapy and Sex Therapy

- **Sexual Problems**
Includes low or no sexual desire, difficulty with arousal, problems with orgasm, pain with intercourse, erectile problems, early or late ejaculation, negative effects of medication, trauma and/or illness on sexual functioning, differences in couples' sexual desire, questions about sexual orientation, sexual enhancement.
- **Adult Survivors of Sexual and Non-Sexual Trauma and Abuse/Assault**
Assault/abusive experiences may have happened as a child or adult. Emotional/physical/sexual/verbal/spiritual abuse/ neglect/parental abandonment, domestic violence, rape or incest can have intrusive negative effects on the lives of survivors and their partners and families.
- **Sexual Difficulties of Survivors of Sexual and Non-Sexual Trauma and Abuse/Assault**
The sense of self, trust in others and meaning of sex can be negatively effected by abuse adding further complications to sexuality and relationships.
- **Sexual Addiction and Compulsivity**
Includes repetitive destructive patterns of compulsive out of control sexual behavior in spite of negative life consequences.
- **Internet Sexual Addiction/Cybersex Addiction**
Sexual addiction with a predominant pattern of problematic compulsive sexual behaviors involving the Internet, i.e. Internet pornography, chat rooms, online affairs.
- **Partners/Spouses and Families of Sex Addicts**
Partners and families of sex addicts can feel devastated by the intrusive negative effects of the addiction. They can become focused on managing the sex addict and the consequences of the addiction to the detriment of their own lives.

- **Individual Therapy**
Includes depression, loss, grief, low self-esteem, worry, anxiety, life stressors, crises, adult child issues, individual, family, work, and relational problems. Life enhancement.
- **Couples/Marital Therapy**
Marriage Counseling. Premarital and Remarriage Counseling. Separation and Divorce Adjustment. Dealing with Affairs. Improve intimacy and communication skills. Relationship enhancement.
- **Post-Traumatic Stress Disorder**
PTSD refers to a range of symptoms that occur in response to traumatic experiences that can result in intrusive negative short and long term effects on functioning.
- **Eye Movement Desensitization and Reprocessing**
EMDR is an information processing therapy validated by research to be effective in resolving traumatic memories that impair current functioning.

While the specific treatment approaches vary depending on the issues individuals are addressing, the services I provide include:

- Assessment
- Treatment Planning including goals and methods to achieve goals
- Individual, Couples, Family, Group, and Community Support Sessions
- Coordination of services with other treatment providers
- Referral as needed

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