

ADDICTION & FAITH CONFERENCE

BREAKOUT SESSION

Equal but Different: “Secret Addictions” in the Faith Community

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Addiction is addiction. The pain, hopelessness, despair that people have with alcohol and drugs can also be part of the experience for many with sex, food, money, gambling etc. The “secret addictions” have triple the stigma and shame in our society and particularly in the faith community. As people and their families suffer in silence those who have found freedom are fearful to come forward because of the shame. There is hope in recovery from all addictions.

- Identify 3 addictions that are prevalent in faith circles that are rarely addressed.
- Identify principles that connect with 12 step principles that are similar in all addictions.
- Describe the impact of secret addictions and tools that are useful to identify them
- Identify resources including faith based for those with sexual, food, money, etc. addictions.



Brenda J. Iliff has been the Executive Director of Hazelden Betty Ford in Naples, Florida since 1993. She has more than 20 years’ experience in the addiction field, as both a clinician and administrator. She first joined Hazelden in 1994 and has served in many different roles. While her primary focus is substance abuse treatment, she is also a certified Multiple Addictions Therapist and Certified Sex Addiction Therapist. Brenda has a degree in Gerontology and Addiction from Metro State University in St. Paul, Minnesota and received her master’s degree in Counseling from Regent University. She is the author of *A Woman’s Guide to Recovery*, and several articles on women as well as boomers and older adults.