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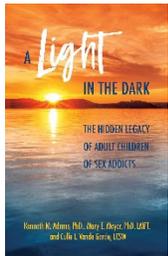
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FOR IMMEDIATE RELEASE

“These three authors have thoughtfully built upon the body of knowledge of developmental trauma and adult children of alcoholics to offer the ACSA an in-depth understanding of the unique experiences of growing up in a family impacted by sex addiction. *A Light in the Dark* offers adult children not only a framework and language to understand their experiences but, equally important, a voice and path to their recovery. By recognizing and addressing the consequences of sexual shame, they will forge a new path free of their families’ fear, pain, and shame. This book shines light on the dark while providing light for the future. This is an exciting contribution to the recovery field that is much needed and long overdue.”

—**Claudia Black, PhD**, author of *It Will Never Happen to Me*, pioneer, adult children of alcoholics movement.

Understand the Unique Experiences Affecting Adult Children of Sex Addicts



Boca Raton, FL, February 7, 2023 — Sexuality and intimacy are important ingredients in healthy, loving relationships. But sex addiction warps the experiences and, when the addict is a parent, can leave a cascading legacy of pain and trauma for generations to come.

Adult children who grew up with a parent who had a sexual addiction are left confused, ashamed, and mistrustful regarding the feelings and boundaries surrounding sex, love, and intimacy. Due to the inappropriate sexual behavior of one parent, and the subsequent impact of betrayal on the other parent, these adults carry sexual secrets, have divided loyalties, and are often caught in the middle of their parents’ struggles. Adult children of sex addicts (ACSAs) struggle with their sexuality and longings for love and carry a burden of shame that is not theirs.

This groundbreaking book details the unique issues experienced by adult children who grew up with a sexually addicted parent and offers a path to unburden their shameful legacy and embrace sexuality and intimacy without the intrusion or constraints from the past.

“This is the first book of its kind detailing the unique experiences of adult children who grew up with a sexually addicted parent. Experiencing shame, secrecy, dysfunction, and infidelity, these adult children have a common set of characteristics and roles that we detail in the book as well as a path of recovery,” says Dr. Adams.

A Light in the Dark offers hope for unburdening ACSAs by sharing the experiences of others, as well as examining the characteristics, roles, and recovery that point toward

the freedom and joy they rightfully deserve. Included is a journaling section for deeper reflection and understanding.

About the Authors



Kenneth M. Adams, Ph.D., CSAT-S, is a licensed psychologist and faculty member with the International Institute of Trauma and Addiction Professionals and the clinical director of Kenneth M. Adams and Associates in suburban Detroit and Ann Arbor, Michigan. He is the author of *Silently Seduced* and *When He's Married to Mom* as well as co-editor of *Clinical Management of Sex Addiction: Second Edition*. Dr. Adams is the creator and director of overcomingmeshment.com workshops. For more on Dr Adams, visit www.drkenadams.com.



Mary E. Meyer, Ph.D., LMFT, is a couples and family therapist and executive director of Full Heart Family Therapy in Ankeny, Iowa. She is a Certified Sex Addiction Therapist and a Developmental and Relational Trauma Therapist. Dr. Meyer is dedicated to helping families heal from the effects of sex addiction and intergenerational family trauma. For more on Dr. Meyer, visit www.fullheartfamilytherapy.com.



Culle L. Vande Garde, LCSW-S, CSAT-S, is a licensed therapist, author, and speaker in Dallas, Texas. She has spent her 30-year career specializing in the treatment of developmental and relational trauma. She is passionate about assisting adult children of sex addicts and their families heal from the effects of sex addiction and intergenerational trauma. For more information, visit www.CulleVandeGarde.com.

A Light in the Dark: The Hidden Legacy of Adult Children of Sex Addicts

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