

Free Event

# Lesbian Love Addiction



Presented by: Lauren D. Costine, PhD



## Educational Workshop and Reception

Sunday, April 19, 2015 12-2 PM

Remember the joke about lesbians and the U-haul, the one that goes something like, What does a lesbian bring on a second date, and the knowing answer, referencing the emotional intensity of lesbian relationships, is a U-Haul. Two dates and it's a move-in. Everyone laughs. Everyone recognizes the psychology.

While it can sting a bit, the U-Haul joke is also sweet. We're close. We know how to bond, we're not afraid of intimacy—this is one of the things lesbians have to offer the world, this ability to bond in a way that is mesmerizing. From a psychological perspective, and from the lived experience of this super-closeness, we know that the U-

Haul metaphor has a terrible dark side. Sometimes it is something far from wonderful when it illustrates the problem of *Lesbian Love Addiction*. **The Urge to Merge: How to Understand and Heal Lesbian Love Addiction** makes visible the elements of love addiction that millions of lesbians suffer from. It shows why love addiction has made many lesbians incredibly unhappy.

**The Urge to Merge** offers ways to heal love addiction. First it demonstrates to attendees why lesbians merge: how childhood development, childhood trauma and attachment styles impact addictive tendencies in lesbian relationships, how the female brain works and why the relationship with the mother uniquely affects the lesbian's sense of self. It then uses some traditional techniques like motivational interviewing, 12-step tools, family of origin work and depth psychology. Finally, this presentation will lead attendees through lesbian-affirmative techniques that will help clinicians recognize and guide their lesbian clients toward recovery from love addiction. The goal is to help them learn healthy dating -- and eventually, the ability to sustain healthy relationships. This is precisely the thing all love-addicted lesbians crave, but often struggle for decades to achieve without help.

**PRESENTER: Lauren Costine, Ph.D., Licensed Psychologist**, is an educator, writer, activist & founding member of *The LGBT Specialization in Clinical Psychology* at Antioch University Los Angeles where she still teaches. She is currently the Chair of the Clinical Subcommittee and Clinical Director of *The LGBT-Affirmative Track* at BLVD Treatment Centers – an intensive outpatient treatment center in Hollywood. Lauren has dedicated herself to the field of LGBT-Affirmative Psychotherapy and is a pioneer in Lesbian-Affirmative Therapy. With a specialization in LGBT-Affirmative psychotherapy, Addictions and Depth Psychology, she is in private practice in Beverly Hills where she works with individuals and couples. She is currently writing two books: one on *Lesbian Love Addiction* and the other on the *Lesbian Psyche*. Her first book tentatively title **The Urge to Merge** delves into the serious problem of love addiction, and will be released in January 2016 by Rowan and Littlefield. Her website is [drlaurencostine.com](http://drlaurencostine.com)

Lesbian and Gay Psychotherapy Association of Southern California, Inc.

OVER

## 2 CE Credits, APA for Psychotherapists

If you want CE credits, the cost is: \$20 for members; \$35 for non-members.

Sunday, April 19, 2015      12 Noon to 2 PM.

Light refreshment.

Hosted at Twin Town Treatment Center

8739 Santa Monica Blvd, West Hollywood, CA 90069

Paid parking in basement of building or street metered parking.

RSVP – Chuck Stewart, Ph.D., at [lagpa@sbcglobal.net](mailto:lagpa@sbcglobal.net)

Payment is accepted at the door in cash, check, or credit card.

### LAGPA

The Lesbian and Gay Psychotherapy Association of Southern California, Inc., (LAGPA), was established in 1992 as an organization of mental health professionals interested in the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals. LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTIQ Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTIQ resource directory, membership listing on the LAGPA website ([www.lagpa.org](http://www.lagpa.org)), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists. **Visit us at LAGPA.org.**

### Continuing Education Credit Disclosure

LAGPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Full-time attendees who complete all required evaluations and attendance documentation are eligible to receive the maximum number of contact hours. This program is open to professional and advanced students in health related fields, and is not suitable for the general public. If your credit agency is not listed, please contact them to determine eligibility. Please note: The Board of Behavioral Sciences (BBS) has discontinued its Continuing Education Certification programs. As such, CE credits are no longer issued by BBS. The APA certification from LAGPA should fulfill your need for CE credits. Check with your licensing agency to confirm APA CEs are appropriate for your needs.



**Twin Town Treatment Center, 8739 Santa Monica Blvd., West Hollywood, CA 90069**

Upstairs. Near the corner of Hancock and Santa Monica. Underground parking available accessed from Hancock. Tender Greens located on adjacent corner.