



*No Stones: Women Redeemed
from Sexual Addiction*

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Interview with Marnie C. Ferree, Author of *No Stones*

In *No Stones*, Marnie C. Ferree offers a unique resource for women struggling with sexual addiction. Written by a counselor who understands the condition from the inside out, this book offers practical help for those battling sexual addiction and those who want to come alongside women as they seek help. Important for pastors and church leaders, this book will be a much sought-after resource for Christian counselors and therapists counseling women who grapple with this type of addiction.

If you could tell people one thing about sexual addiction, what would it be?

Sexual addiction isn't about sex. It's about a desperate search for love, affection, acceptance and approval. Sex addiction is actually an *intimacy disorder*. Another common misconception is that sexual addiction is "just" sin. While these behaviors are definitely sinful, the problem is much more complex than that. It's a multifaceted problem that requires a multifaceted solution.

What are the roots of sexual addiction?

Sexual addiction is a symptom of underlying issues. Generally speaking, sex addicts come from families that are dysfunctional in a variety of ways. A common denominator for many female sex addicts is unresolved sexual trauma.

How can a woman know if what she is struggling with is sexual addiction?

If a woman continues to act out despite negative consequences and her repeated attempts to stop, she's almost certainly struggling with an addiction.

What are some of the unique challenges women face when dealing with sexual addiction?

Women find it hard to locate other women in recovery, so establishing a healthy support system is difficult. Women also feel added shame for struggling with what's often considered a men's issue.

Q&A

AUTHOR INTERVIEW

Marnie C. Ferree is a licensed marriage and family therapist and Certified Sexual Addiction Therapist (CSAT) in Nashville, Tennessee, where she directs Bethesda Workshops, a place of healing for those who struggle with sexual brokenness. She is a frequent lecturer at professional and recovery conferences, churches, and schools. Ferree has published dozens of essays and articles in a variety of magazines, newspapers and peer-reviewed journals. Of particular note is a comprehensive series on childhood sexual abuse published in 1991 in *The Tennessean*. "Spoken Secrets" was one of the first in-depth treatments of sexual abuse to appear in a major U.S. newspaper, and it broke new ground for its use of on-the-record, first-person stories of survivors.

What advice would you give to women who are struggling with sexual addiction?

The most important thing you can do is to tell someone you trust about your struggle. Ask for help and be sure you get informed, accurate assistance.

How can the church come alongside of those who struggle with sexual addiction?

The church can become better educated about sexual addiction and offer grace to those who struggle. The church can also identify local resources that can provide clinical help. The church can also open its doors to Twelve-Step and support groups for sexual addiction recovery.

Why did you decide to share your personal struggle with sexual addiction? What role did faith play in your own recovery?

I'm certain that God has called me to be a missionary for women's sexual addiction recovery. When I entered recovery in 1992, I thought I was the only woman who struggled with SA. Spreading the good news of help and hope for female sex addicts redeems my pain.