

Sex Addiction Clinic London

What's Up Doc? - Hilary Jones
2010-09-30

For Dr Hilary Jones, the question 'What's up doc?' has been asked of him ever since he qualified as a doctor at the Royal Free hospital in London over thirty years ago. As a junior medic patients used to ask him 'What's up?' when he prodded their bellies for signs of appendicitis. On the GMTV sofa presenters ask him 'What's up?' with the latest actress who has developed the typical tell-tale signs of anorexia nervosa. In the tabloid newspapers he's asked to comment on what's up with the premier league footballer who purports to suffer from sex addiction. On the radio he's asked 'What's up?' with the health of society in general, suffering as it does from epidemics of obesity and binge drinking. On a more everyday basis, in the GP surgery people ask him about

unexplained lumps in their neck, or whether a pigmented mole is suspicious. Colleagues at work stop him in the corridor and say 'Can I just ask you about my child's leukaemia' or 'My mum's dementia?' At dinner parties people ask him about their haemorrhoids, or in pubs on the various merits of vasectomy. He's even been approached by complete strangers in dimly lit streets eager to hear his take on methadone and whether or not the NHS should freely supply it. And they ask him what Lorraine Kelly is really like, of course...

A Gentle Path Through the Twelve Steps - Patrick Carnes
2012-04-13

A Gentle Path through the Twelve Steps Updated and Expanded

The Myth of Sex Addiction -
David J. Ley 2014-07-10

In this controversial book, David Ley debunks the myth of sex addiction, showing how labeling it a disorder has wrested responsibility away from philandering men and excused their bad behavior as being out of their control. He takes on those who would label it a disease and ch...

Understanding and Treating Sex and Pornography Addiction - Paula Hall 2018

Revision of: Understanding and treating sex addiction / Paul Hall. 2013.

Who Says I'm an Addict? -

David Smallwood 2014-06-02

Do you worry that you drink too much? Or perhaps you fear that your dependence on drugs, food, sex, or some other vice is spiralling out of control, and taking your quality of life with it? In *Who Says I'm an Addict?*, David Smallwood looks at the issue of addiction with compassion, clarity, and wisdom that comes not only from his own difficult journey with addiction, but from his considerable experience overseeing treatment programmes in rehabilitation

clinics. David looks in detail at all areas of addiction, from denial, hitting rock bottom, and dealing with shame and guilt, to how our family of origin and the traumas we go through in childhood influence us in later life. He then explores the road to long-term recovery, guiding the reader on how to do the emotional work necessary to ensure that they avoid relapse and can finally lay their demons to rest and get on with re-building their life.

Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment (Norton Series on Interpersonal Neurobiology) - Alexandra

Katehakis 2016-09-20

Examining the neurobiological underpinnings of sex addiction. Neuroaffective science—studying the integrated development of the body, brain, and mind—has revealed mechanisms linking psychological and biological factors of mental disorders, including addiction. Indeed, its paradigm-shifting theoretical umbrella demonstrated that

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substance and behavioral dependencies share identical neurobiological workings, and thus that problematic repetitive behaviors are genuine addictions—a state increasingly understood as a chronic brain disorder. Clinical experience strongly suggests that sex addiction (SA) treatment informed by affective neuroscience—the specialty of Alexandra Katehakis—proves profoundly transformative. Katehakis's relational protocol, presented here, blends neurobiology with psychology to accomplish full recovery. Her Psychobiological Approach to Sex Addiction Treatment (PASAT) joins therapist and patient through a relationally-based psychotherapy—a holistic, dyadic dance that calls on the body, brain, and mind of both. Written with clarity and compassion, this book integrates cutting-edge research, case studies, verbatim session records, and patient writings and art. Katehakis explicates neurophysiological, psychological, and cultural

forces priming and maintaining SA, then details how her innovative treatment restores patients' interpersonal, sexual, and spiritual relationality. [Sex Addiction: The Partner's Perspective](#) - Paula Hall
2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. [Sex Addiction: The Partner's Perspective](#) has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, [Understanding and Treating Sex Addiction](#), it includes case examples and survey results revealing the reality of life for partners of sex addicts. [Sex Addiction: The Partner's Perspective](#) is divided into three parts. Part I explores

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the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This

book will this book be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

Addictive States of Mind -
Marion Bower 2019-06-06

This chapter, written by a psychiatrist working with people with severe and complex addictions, sets the scene. We are provided with a graphic account of the multiple problems—physical, psychological, social, financial—of someone with severe drug addiction, where sex working and the risks of pregnancy, infection, and assault compound an already challenging presentation. The personal history of trauma and abuse means that the patient requires highly skilled and sensitive management, and adaptations in service provision—such as no morning appointments—that respect the individual's lifestyle. The conflict for professionals is encapsulated in a brief description of the responses of Vanessa Crawford's patient group when asked what

messages they would like to be conveyed to future doctors: don't prejudge us, treat us as individuals, give us proper pain control—and "don't trust us". Implicit in this is the recognition that they are in the grip of something that leads them to deceive, probably themselves, but also others—a wish to pervert a relationship to someone who is trying to help. Crawford conveys the importance of being knowledgeable, but not omniscient; of helping the individual to overcome the barrier of shame, which may lead to information being withheld; and the crucial contribution of a collaborative and coherent staff team in containing such challenging patients and in helping them to turn a corner towards recovery.

My Booky Wook - Russell

Brand 2008-11-13

Russell Brand grew up in Essex. His father left when he was three months old, he was bulimic at 12 and left school at 16 to study at the Italia Conti stage school. There, he began

drinking heavily and taking drugs. He regularly visited prostitutes in Soho, began cutting himself, took drugs on stage during his stand-up shows, and even set himself on fire while on crack cocaine. He has been arrested 11 times and fired from 3 different jobs - including from XFM and MTV - and he claims to have slept with over 2,000 women. In 2003 Russell was told that he would be in prison, in a mental hospital or dead within six months unless he went in to rehab. He has now been clean for three years. In 2006 his presenting career took off, and he hosted the NME awards as well as his own MTV show, 1 Leicester Square, plus Big Brother's Big Mouth on Channel 4. His UK stand-up tour was sold out and his BBC Radio 6 show became a cult phenomenon, the second most popular podcast of the year after Ricky Gervais. He was awarded Time Out's Stand Up Comedian of the Year and won Best Newcomer at the British Comedy Awards. In 2007 Russell hosted both the Brit

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Awards and Comic Relief, and continued to front Big Brother's Big Mouth. His BBC2 radio podcast became the UK's most popular. Russell writes a weekly football column in the Guardian and is the patron of Focus 12, a charity helping people with alcohol and substance misuse. He also hosts a podcast, Under the Skin, in which he delves below the surface of modern society.

Systemic Sex Therapy -

Katherine M. Hertlein

2015-02-20

This comprehensive textbook, intended for graduate students in couple and family therapy programs as well as for clinicians of diverse orientations, offers descriptive discussions of sex therapy based on the Intersystem Approach, as developed by Gerald Weeks. The Intersystem Approach considers the biology, psychology, couple dyad, family-of-origin, and larger contextual factors of any sexual disorder or issue. It is grounded in systems theory and represents a new understanding of human

sexuality and sexual problems. Appropriate for anyone who wants to progress to a more comprehensive and integrative understanding of sexual dysfunctions, this text will teach the reader how to treat the couple, rather than the individual. Now in a second edition, Systemic Sex Therapy presents 12 updated chapters and two new chapters, bringing the material up-to-date with the DSM-5. Each chapter examines the definition and description of a disorder, its etiology, assessment, treatment, research, and future directions. Experts in the field discuss issues ranging from pharmacology, sexual compulsivity, therapy with lesbian and gay couples, to chapters on male and female lack of desire. A standard text in the field, Systemic Sex Therapy integrates couple and sex therapy to inform the treatment of sexual problems, and to give beginning and experienced clinicians the abilities and confidence they need to produce viable change in their patients' lives.

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Compulsive Sexual Behaviours - Silva Neves

2021-05-10

Compulsive Sexual Behaviours offers a unique approach to the struggles people face with their out-of-control sexual behaviours. This comprehensive guide is deeply rooted in the science of sexology and psychotherapy, demonstrating why it is time to re-think the reductive concept of 'sex addiction' and move towards a more modern age of evidence-based, pluralistic and sex-positive psychotherapy. It is an important manual for ethical, safe and efficient treatment within a humanistic and relational philosophy. This book will be an important guide in helping clients stop their compulsive sexual behaviours as well as for therapists to self-reflect on their own morals and ethics so that they can be prepared to explore their clients' erotic mind.

Sex Addiction - Paula Hall

2019-02-04

Sex Addiction: A Guide for Couples and Those Who Help

There is a practical book that provides empathic support, guidance, information and pragmatic strategies for couples who want to survive sex and porn addiction - whether that's together, or apart. Sex and porn addiction devastates couple relationships, and unlike the impact of infidelity, there is no 'before' to get back to and no 'after'. This book adopts the metaphor of a boat, presenting addiction as the tidal wave that devastates the relationship, leaving both crew members fighting for survival. There's guidance to ensure each partner makes it safely back to shore and advice on surveying the damage to your relationship and deciding if you want to save it and set sail again. You'll find practical advice for both the partner and the addicted partner, including first-hand accounts of couples that have already undertaken the journey. There are exercises to do alone, and many to share together, to help you understand what's happened, consider your

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future, and if you choose to stay together, begin the task of rebuilding trust and intimacy. Sex Addiction is not only a practical guide for couples, but also for the therapists who support them. This book will be a companion to Paula Hall's previous books on sex addiction and builds on the already known frameworks and models used, but it is also written to stand alone.

Overcoming Sex Addiction -

Thaddeus Birchard 2017-04-21

Overcoming Sex Addiction is an accessible self-help guide which uses the principles of cognitive behaviour therapy to help those with problematic or unwanted patterns of sexual behaviour. It is designed for those who are not yet ready to seek professional help or who live in a place where little help is available and can be used in conjunction with general psychotherapy. Written by a leading expert in the field, the book offers an insight into the origins of sex addiction, before going on to explain the cycle of addiction and how to break it. The book has a do-it yourself

week-by-week programme of action to tackle compulsive sexual behaviour, and provides extensive advice on relapse prevention to help the reader move forward in recovery.

Overcoming Sex Addiction will provide clear, informed guidance for sex addicts and those professionals working with them.

Understanding Deviance -

Tammy L. Anderson

2014-01-23

In this collection of 48 reprinted and completely original articles, Tammy Anderson gives her fellow instructors of undergraduate deviance a refreshing way to energize and revitalize their courses. [36 are reprints; 12 are original to this text/anthology] First, in 12 separate sections, she presents a wide range of deviant behaviors, traits, and conditions including: underage drinking and drunk driving, doping in elite sports, gang behavior, community crime, juvenile delinquency, hate crime, prison violence and transgendered prisoners,

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mental illness, drug-using women and domestic violence, obesity, tattooing, sexual fetishes, prostitution, drug epidemics, viral pandemics, crime control strategies and racial inequality, gay neighborhoods, HIV and bugchasers, and (lastly) youth, multicultural identity and music scenes. Second, her pairing of "classic" and "contemporary" viewpoints about deviance and social control not only "connects" important literatures of the past to today's (student) readers, her "connections framework" also helps all of us see social life and social processes more clearly when alternative meanings are accorded to similar forms of deviant behavior. We also learn how to appreciate and interact with those who see things differently from ourselves. This may better equip us to reach common goals in an increasingly diverse and ever-changing world. Third, a major teaching goal of Anderson's anthology is to sharpen students' critical thinking skills

by forcing them to look at how a deviant behavior, trait or condition, can be viewed from opposing or alternative perspectives. By learning to see deviance from multiple perspectives, students will better understand their own and other's behavior and experiences and be able to anticipate future trends. Balancing multiple perspectives may also assist students in their practical work in social service, criminal justice and other agencies and institutions that deal with populations considered "deviant" in one way or another.

Never Enough - Judith Grisel
2019-03-27

From a renowned behavioural neuroscientist and recovering addict, a rare, page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to

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consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she learns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. Drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts

even before they first pick up a drink or drug, highlights the changes that take place in the brain and behaviour as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a 'cure' for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its colour, candour, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives. It offers crucial new insights into how we can solve the epidemic of abuse.

CBT for Compulsive Sexual Behaviour - Thaddeus Birchard
2015-05-15

Increasing numbers of therapists are coming into contact with the problem of compulsive sexual behaviour disorders. However, it is still a relatively new field and there is little in the current literature available that enables the therapist to work with and

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treat this problem. CBT for Compulsive Sexual Behaviour: A guide for professionals addresses this by providing a guide to cognitive-behavioural theory and practice which includes the assessment, diagnosis and treatment of addictive sexually compulsive disorders. Beginning with a description of addictive sexuality and an overview of cognitive behavioural therapy in which CBT is presented as the most useful response, Thaddeus Birchard provides clear therapeutic information about the implementation of CBT treatment intervention. The chapters included cover the neuroscience that underpins the addictive process; a 'how to' chapter on the use of groups; paraphilias; trauma and attachment; comorbid disorders and cross-addictions and analysis on the function of internet pornography, all written from a cognitive behavioural stance. Using case vignettes throughout, Thaddeus Birchard draws on his own experience as a psychosexual therapist, along

with the latest research in the field, to enable the therapist to treat a range of compulsive sexual problems in a way that can be applied in individual practice or in a group setting as well as how to prevent relapse. This book will be essential reading for psychosexual therapists, cognitive behaviour therapists and other professional working with sexual compulsive disorders.

Routledge International Handbook of Sexual

Addiction - Thaddeus Birchard
2017-09-11

The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s. It has also captured the attention of the media, where there has been much debate over whether it can truly be described as an addiction. What is certain is that many people struggle with out of control sexual behaviour, which takes over their lives and has harmful consequences for their relationships, careers and finances. The Routledge

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International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists. It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives. A series of presentations of sexual addiction are outlined, including internet sexual addiction and the relationship between paraphilias and sex addiction. The handbook considers both individual and group treatment strategies, drawing on a wide range of approaches, including cognitive behavioural therapy, mindfulness and 12-step programmes. The book studies sex addiction in specific populations including women, adolescents and men who have sex with men. Finally, it considers some of the alternative discourses surrounding the concept of sexual addiction. This is the first comprehensive reference book to bring together global

viewpoints on advances in research, theory and practice in one volume. This handbook provides an essential guide for academics and students of psychotherapy, counselling, nursing, addiction, sexualities, social work and health and social care, as well as professionals in practice and in training working with sexual addiction and related issues.

Bad Girls - Rebecca Chance
2010-08-04

They met in rehab - but some of them had rather more therapy than they bargained for. Supermodel Amber Peterssould have the world at her feet. But her secret addiction has led her down a dangerous path. Lap dancer Skye Ellwood is desperate to get out of the life she's living, but has no idea how - until a client makes her an unusual proposition. Following an ultimatum from his fiance, A-list movie star Joe Jeffreys is finally heading to rehab to sort out his sex addiction - and save his squeaky-clean image. Spoiled daughter of a legendary rock god, Petal Gold

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is convinced she's a huge star in waiting, and she'll trample on anyone she thinks is standing in her way. Passion, jealousy, betrayal, revenge and scandal: during their tumultuous thirty days at Cascabel clinic, the lives of Amber, Skye, Joe and Petal will be transformed forever. But for one of them, the stakes could not be higher - or more dangerous.

Treating Substance Abuse -

Scott T. Walters 2011-12-13
Widely adopted, this state-of-the-art work is grounded in the best available knowledge about substance abuse and its treatment. The editors and contributors are leading authorities who provide a complete introduction to each of today's major evidence-based treatment approaches -- from conceptual underpinnings to clinical applications. The third edition has been revised and updated to reflect significant advances in research, theory, and technique. Entirely new chapters cover the biology of substance use disorders,

treatment in primary care settings, and case management. The third edition retains the structure that makes the book so popular as a course text and practitioner resource. Following an introductory overview, paired chapters focus respectively on the theory and practice of each approach, including motivational, contingency management, cognitive-behavioral, 12-step, family, and pharmacological models. Theory chapters explain basic assumptions about how people develop, maintain, and recover from substance use disorders and concisely review the research support for each approach. Practice chapters then offer a start-to-finish view of treatment, covering such crucial topics as the therapeutic relationship, assessment procedures, goal setting, the sequencing of interventions, how "denial" and "resistance" are addressed, the role of self-help groups, and strategies for preventing and dealing with relapse.

Illustrative case examples are

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included. The volume concludes with three chapters on integrating different techniques to meet patients' needs in a range of clinical settings. Written for a broad audience, this book is an essential text for courses in substance abuse treatment and addiction counseling.

Experienced substance abuse clinicians -- including clinical psychologists, clinical social workers, psychiatric nurses, counselors, and psychiatrists -- will find it a valuable reference for staying up to date on current treatment approaches.

[Clinical Management of Sex Addiction](#) - Patrick Carnes

2013-06-17

This is the first comprehensive volume of the clinical management of sex addiction. Collecting the work of 28 leaders in this emerging field, the editors provide a long-needed primary text about how

to approach treatment with these challenging patients. The book serves as an excellent introduction for professionals new to the field as well as serving as a useful reference tool. The contributors are literally the pioneers of one of the last frontiers of addiction medicine and sex therapy. With a growing awareness of sex addiction as a problem, plus the advent of cybersex compulsion, professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation. This is the first book distilling the experience of the leaders in this emerging field. With a focus on special populations, it also becomes a handy problem-solving tool. Readable, concise, and filled with useful interventions, it is a key text for a problem clinicians must be able to identify. It is destined to be a classic reference.

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