

Sex Addiction Therapy Near Me

The Problem With "Sex Addiction" Therapy - Psychology Today

Johns Hopkins nursing student named Mitchell Scholar - The Hub at Johns Hopkins

Special Report: Be Prepared to Address Technological Addictions in ... - Psychiatric News

What a Sex Therapist Does: Their Role in Your Healing - Verywell Health

Why Do I Feel So Ugly? - PsychCentral.com

Jana Kramer, Mike Caussin on Sex Addiction, Therapy in New Book - PEOPLE

New emergency housing in Pittsburgh helps female survivors of ... - Pittsburgh Post-Gazette

Molecular epidemiology and drug sensitivity of Mycobacterium ... - Nature.com

ADHD and Hypersexuality: Is There a Link? - PsychCentral.com

As porn epidemic worsens, these Catholic women say healing is possible - Angelus News

What is a Certified Sex Addiction Therapist (CSAT)? Frequently ... - PsychCentral.com

Sex addiction fact check: Why so many young Christian men like the ... - Slate

Sex, Drugs and Spreadsheets: Dr. Glazer Treats Wall Street's ... - The Wall Street Journal

Mormon Church Sent Patients to Sex Therapist — Even After One Accused Him of Abuse - Rolling Stone

How Much Sex Is Too Much? - Psychology Today

Overcoming shame: Healing from sex addiction | The Citizen - The Citizen

What is 'Masturbation Addiction'? Signs and What to Do - PsychCentral.com

Best Online Addiction & Substance Abuse Counseling Services (2023) - Everyday Health

First Edition: Dec. 4, 2023 - KFF Health News

The Reason Why Jessica Simpson Feels She's in Her 20s Again - E! NEWS

Understanding the psychology behind sex addiction - Eve Magazine

"I'm a therapist. Here's the line I draw when treating men with ... - Vox.com

Former Miss America Runner-Up Shares Her Addiction Struggles - E! NEWS

Ozzy Osbourne Issues Apology, in Therapy for Sex Addiction - ABC News

Is Sex Addiction Real? What Experts Say About Hypersexuality - Insider

Is Sex Addiction Real? Here's What Experts Say - TIME

Bioenergetics in Psychology: Mind-Body Healing Exercises - Verywell Health

Dear Abby: Recovery from sex addiction is possible if you get help - San Francisco Chronicle

Why Narcissists Are More Likely to Identify as Porn Addicts - Psychology Today

I was told the 12 steps would cure my addiction. Why did I end up feeling more broken? -

The Guardian

Should I See a Male or Female Therapist? - Psychology Today

Why rich powerful men buy cheap sex - GBH News

ACE Test: Do You Have Childhood Trauma? - PsychCentral.com

Did Ozzy Osbourne cheat on his wife, Sharon? Exploring his self-admitted connection with hairstylist

Michelle Pugh - PINKVILLA

Mark Henry's "Sexual Chocolate" Gimmick In WWE, Explained - TheSportster

Is Porn Addiction Real? - Addiction Center

Why Can't We Stop Talking About the Anti-Porn 'Oppenheimer' Lady? - Rolling Stone

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I Have No Friends: 4 Tips to Consider - PsychCentral.com

Sex addiction therapist uses personal experience to help patients - WDAM

Betrayal Trauma: Definition, Causes, Treatment and How to Heal - Livestrong

Drug and alcohol addiction - useful contacts - Mind

20+ Startling Sex Addiction Statistics in 2024 - EarthWeb

Is sex addiction real? Depends on whom you ask - CNN

How a Notorious Pimp Became a Respected Rabbi and Sex ... - Haaretz

CenterPointe Addiction & Mental Health Hospital - Saint Charles - Addiction Center

Compulsive Sexual Behavior and Alcohol Use Disorder Treated ... - Cureus

Chronicling Russell Brand's journey from spiritual healing to sexual ... - Reckon

I'm a sex addict in recovery and my husband decided to stay - Insider

STOP Mindfulness: What Is It? - PsychCentral.com

Russell Brand went to sex rehab over fears behaviour could ... - The Independent

Do Affirmations Work? Research, Psychology, and Tips - PsychCentral.com

Interview With the Author of Dopamine Nation: Finding Balance in ... - Psychiatry Advisor

A \$50 Million Twist in the Kevin Spacey Scandal - Puck

Could Ozempic Also Be an Anti-addiction Drug? - The Atlantic

Sexual Compulsion and Sex Addiction - HealthDay

Q&A: Compulsive sexual behavior disorder added to ICD-11 as ... - Healio

Am I Dating a Narcissist? Quiz - PsychCentral.com

Negative Ion Therapy for Depression: Is It Effective? - PsychCentral.com

5 Ways "Food Addiction" and Drug Addiction Intersect - Psychology Today

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Larry Wheels Shares Spending 'Five Figures A Day' on Sex ... - Fitness Volt

What Causes Sex Addiction? - PsychCentral.com

Katie Price's sex addict ex Kieran Hayler KISSED her MUM - then sent her a sleazy text that left her sho... - The US Sun

I'm a Sex and Porn Addict. My Boss Told My Wife - Newsweek

Singer Jana Kramer, husband open up about how his sex addiction affected their relationship - ABC News

Dispelling Myths About Sex Addiction - Psychology Today

Projecting: Psychological Cause, Examples, Management - Verywell Health

What Is a Nymphomaniac? - Verywell Health

Repression in Psychology: Examples, Emotions, Therapies - Verywell Health

Sexual addiction (hypersexuality): causes, symptoms and treatment - Emergency Live International

Sexual anorexia: Symptoms, treatment, causes, and more - Medical News Today

High blood pressure and sex: Overcome the challenges - Mayo Clinic

Billings non-profit offers shelter for trafficking survivors - Billings Gazette

My cheating boyfriend told me he was a sex addict. Was it a disorder - or just an excuse? - The Guardian

Addiction Medicine Dual Diagnosis Clinic | Department of Psychiatry ... - Stanford Medical Center Report

Former patient sues Boulder addiction center over alleged sexual assault by therapist - The Denver Post

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Can Bad Men Change? What It's Like Inside Sex Offender Therapy - TIME

Can David Duchovny Recover From Sex Addiction? - ABC News

Have You Had Bariatric Surgery? Here's How To Avoid New ... - Orlando Health

Porn Addiction: Signs, Effects, Solutions - Verywell Health

Sex 'Addiction' and Compulsive Sexual Behavior - Psychology Today

Pandemic Revealed Unique Aspects of Sexual Addictions - Psychiatric News

Sex Addiction in Psychology: Overcoming Compulsions - Verywell Health

In Conversation: Why are young men using Viagra? - Medical News Today

My Church Told Me I Needed Sex Addicts Anonymous. Here's What Happened When I Went. - HuffPost

Persistent Genital Arousal Disorder (PGAD): Causes, Treatment - Verywell Health

Millionaire Baltimore businessman led double life as sex addict ... - Baltimore Sun

Life as a female sex addict: How to know whether you have a high drive or addiction - Yahoo Lifestyle UK

OCD and hypersexuality: Treatment, causes and more - Medical News Today

ADHD and Hypersexuality in Relationships - Verywell Health

I Was Married To A Sex Addict - Scary Mommy

Layla Santanello's stepmom claims she had secret lover before vanishing as she sends heartbreaking message... - The US Sun

Counseling Services - Corban University

Celebrities Who Battled Sex Addiction - SheKnows

Society's sex addiction problem - Mayo Clinic Health System

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Out of the Shadows - Patrick J Carnes

2009-06-21

Unhooked from regular routines and healthy relationships by the coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical

wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Total Sex Addiction Recovery - A Guide to Therapy - Dorothy Hayden 2013-03-07

“This new book by Dorothy Hayden sheds new light on sexual addiction and its many forms of treatment. It is a comprehensive guide that adds practical strategies and therapy tools for how to address sufferers from sexual addiction. This book is a must-have for clinicians as it provides effective tools on how to address individuals, couples, and groups struggling with this condition. Overall, the blend of academic and real-life case studies throughout each chapter will help readers move in their journey toward recovery.”—Dr. Kimberly S. Young—founder and director, the Center for Internet Addiction Recovery and author of *Tangled in the Web: Understanding Cybersex from Fantasy to Addiction* “Great stuff! Solid information for those who are looking for real help from this

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insidious issue. A comprehensive overview of sexual addiction and treatment modalities. It's staying on MY short list of recommended books for our clients here at Compulsion Solutions."

George N. Collins, Director Compulsion Solutions Author of "Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame" Co-author of "A Couple's Guide to Sexual Addiction"

Understanding and Treating Sex Addiction - Paula Hall 2012

Sex addiction is on the increase - in the media as well as in the therapy room. But while more and more people seek help for their compulsive sexual behaviours, there is still confusion and debate about whether the condition even exists.

Understanding and Treating Sex Addiction explains why an increasing number of people are inadvertently finding their lives devastated by their sexual behaviours. It explores the latest scientific understandings and research into why pornography, cyber sex, visiting sex workers,

fetishes and multiple affairs can come to control some people's lives to the point that they can't stop. It explains how sex addiction is not a moral issue, as some assume, but a health issue that we as a society need to start taking seriously. Throughout the book are the revealing statistics from the UK's latest survey on sex addiction. Three hundred and fifty people who struggle with this condition have bravely and candidly shared their experience for the benefit of their fellow sufferers and those who choose to help them. This book contains support and advice for both the clinician and for those who suffer from sex addiction. As well as practical guidance and techniques for stopping compulsive behaviours and preventing relapse, there is also a thorough exploration of the deeper underlying causes and how these must be addressed.

Reclaim Your Life - Fai Seyed Aghamiri
2020-10-06

If you or your loved one is stuck in the vicious cycle of porn/sex addiction and tired of living a

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double life, then reading this Guide to Holistic Recovery from Sex Addiction will be the first step you take towards finding optimal, lifelong solutions. This book explains simply how sex addiction is considered a chemical imbalance which impacts the brain in a similar way to other addictive substances, such as heroin. The author gives an honest representation of this condition based on the latest research and brain science, while encouraging the reader to build compassion and understanding towards sex addicts. The author emphasises that sex addiction is not about simply liking sex too much - rather craving it too much. The reasons why some people become dependent on sex are explored and a path to recovery is given in this book, which also includes honest stories told by addicts and their partners. She has practiced both in the UK and Australia, having graduated from the Karolinska Institute of Stockholm, Sweden, as an accomplished dental/oral surgeon. Now as a skilled and empathic

professional counsellor and psychotherapist, Dr Fai Seyed has been supporting adolescents, adults, couples and families through a wide range of life's challenges. Currently Dr Fai is writing a PhD on sex addiction and its impact on intimate partners' overall wellbeing. She lives in Brisbane, Australia, and practices as the principal therapist and director of House of Hope Counselling and Psychotherapy Centre. *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 International Handbook of Sexual

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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.

Mending a Shattered Heart - Stefanie Carnes
2012-07-10

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease-sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What

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Should I Tell the Kids?

Getting Real about Sex Addiction - Graeme Daniels 2022-02-15

This groundbreaking, engaging clinical resource for psychotherapists, sex therapists, and related clinicians is replete with rich and empathetic case material and offers a practical, powerful argument for using psychodynamic approaches when working with sex addicts and their partners to achieve long-lasting relational results.

Thirty Days to Hope & Freedom from Sexual Addiction - Milton S. Magness 2011

A concise thirty-day guide to healing from sexual addiction

Real Hope, True Freedom - Milton S Magness 2017-02-20

Real Hope, True Freedom covers a wide variety of topics on sex addiction and the process of recovery. It addresses the different manifestations of sex addiction, how sex addiction impacts the brain, sex addiction risk

factors, when sex addiction co-occurs with other mental health disorders, barriers to getting help/treatment, information and resources specific to the needs of the partners of sex addicts, the process of treatment, the process of recovery for both individuals and couples, relationship rebuilding, re-establishing intimacy, healthy sexuality, and relapse prevention tools and strategies. Milton Magness, D. Min., MA, LPC, CSAT, is the founder and director of Hope & Freedom Counseling Services. A Licensed Professional Counselor and Certified Sex Addiction Therapist, he served five terms as the president of the Society for the Advancement of Sexual Health (SASH), the international professional organization for sexual addiction therapists. Prior to becoming a therapist he was a pastor for twenty years. He has a Doctor of Ministry from Luther Rice Seminary, a Master of Arts in Psychology from Houston Baptist University, and Master of Arts in Religious Education from Southwestern Seminary. Dr.

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Magness is the author of Stop Sex Addiction: Real Hope, True Freedom for Sex Addicts and Partners, and Thirty Days to Hope & Freedom for Sexual Addicts: the Essential Guide for Daily Recovery and Relapse Prevention. Marsha Means, MA, a trained Marriage and Family Therapist, as well as the founder and director of A Circle of Joy Ministries, an organization designed to help women impacted by sexual addiction and address the needs created by this growing problem. In 2000, she gained international recognition through Prodigals International, an organization she and her husband founded in the Seattle area to train and equip therapists, churches, and lay people in providing help, hope, and healing to those touched by the pain and shame of sex addiction. Ms. Means is the author of Living With Your Husband's Secret Wars, and the co-author of Your Sexually Addicted Spouse: How Partners Can Cope and Heal.

Healing Betrayal: First Steps for Partners and

Spouses of Sex and Pornography Addicts - Mari A. Lee, LMFT, CSAT-S 2018-05-17
"Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts" is written by Psychotherapist, author, and speaker Mari A. Lee, LMFT, CSAT-S. Mari is the founder of Growth Counseling Services, a counseling and recovery center in Southern California specializing in working with sex and porn addicts, and partner and spouse betrayal trauma. With over 10 years of clinical experience, Mari has written "Healing Betrayal" for the partner or spouse who has just learned that their significant other may be dealing with sex and/or porn addiction. Having had her own personal journey as a former partner, Mari knows first hand how heartbreaking and emotionally draining it is to be in relationship with a person who is sexually deceptive. Healing Betrayal will support the partner and spouse as a first steps guide and road map to help them navigate the difficult journey of despair that so

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many betrayed and hurting spouses face.

Contrary to Love - Patrick J Carnes 2009-09-29

This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. It also covers family structure, bonding, boundaries, and recovery topics.

A Light in the Dark - Kenneth M. Adams
2023-02-07

A groundbreaking book detailing the unique issues experienced by adult children who grew up with a sexually addicted parent, and offering a path to unburden their shameful legacy and embrace sexuality and intimacy without the intrusion or constraints from the past. 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. Having witnessed (or known of) affairs, walked in on a parent masturbating or viewing pornography, received extreme or shameful messages regarding sexuality or gender, experienced sexualized remarks about their bodies, been neglected as a result of the addiction, or were modeled extreme moral values (either too permissive or shaming), these adult children of sex addicts (ACSAs) struggle with their sexuality and longings for love. ACSAs have not had their stories told in any significant way in the recovery literature. Intergenerational trauma is transmitted through the legacy of carried sexual shame—the burden of which is not theirs. Their shame and struggle has often been wedged under various umbrellas of identification: adult children of alcoholics, love

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avoidant, codependent, sex addict, love addict, and others. 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.

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.

Stop Sex Addiction - Milton S Magness 2013-03-15

Compulsive sexual behavior is often difficult to face. Sex addiction results in countless negative consequences and hurts many people.

Relationships, marriages, families, and careers are destroyed. Anyone afflicted with sex addiction, as well as the people who love them, can find help within this book. Milton Magness, D. Min., MA, LPC, CSAT, is the founder and director of Hope & Freedom Counseling Services in Houston, Texas. He is a licensed professional counselor and a certified sex addiction therapist.

Sexual Addiction: Understanding and Treatment - Paul Becker, MAEd, LPC

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2015-02-23

The book *Sexual Addiction: Understanding and Treatment* introduces graduate-level students to the field of sexual addiction. Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum. Some professors have indicated that there is a dearth of targeted instructional content. This book fills that need. As a compendium of Dr. Carnes' research related to the treatment of sexually addicted men and women, the book will serve as clinical manual for therapists. Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts. Internet pornography addicts men and women who have a weakness for sexual stimulation. One estimate is that as much as half of the male population and a third of the female population are addicted to pornography. The need for a relevant clinical tool is real. As such, the book contains thirty-six therapeutic

exercises to help sexually addicted men and women, in conjunction with sex addiction therapy, to achieve long-term sexual sobriety. *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 the myths surrounding sex addiction

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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 be a valuable guide for partners, but also for the

therapists who seek to support them on their journey of recovery.

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 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.

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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.

The Art of Loving - Gary Garfield Mcfarlane

2011-08-17

The Art of Loving A Book for singles, partners, marrieds and for those thinking of or preparing

for marriage. If you want to refresh, revitalize, rekindle, refresh, resurrect your relationship; if you are about to enter a relationship or marriage; long time in a relationship or very very long term married or in a relationship, then this book is for you! It has the insights to improve and make even better, that which is already good! It is an educational book and at the same time provides self-help tools to help you in your current or future relationship - from an experienced Relationship Therapist, sex Therapist and sex Addiction Therapist. What do you do and what happens when your whole world - as you know it - comes toppling down? All the foundations which society say are important such as career, professionalism, marriage, finance, children, house, health, Church life & social life as you know them and quality of life are shaken to their core. These are the book content chapters: Chapter 1: First thing first Chapter 2: Masks and games people play Chapter 3: Pain hurts Chapter 4:

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Unconscious needs which influence the journey - some tools Chapter 5: Not ready yet for change - Changing your mind (1) Chapter 6: Ready now - Changing your mind (2) Chapter 7: Stages of change Chapter 8: Conflicts Chapter 9: LOVE: Rebuilding, Refreshing, Resurrecting, Rekindling, Refreshing Chapter 10: Love me in five ways (1) Chapter 11: Love me in five ways (2) Chapter 12: Love me in five ways (3) Chapter 13: Love me in five ways (4) Chapter 14: Love me in five ways (5) Chapter 15: When the Five loves disappear Chapter 16: Communication or Miscommunication? (1) Chapter 17: Communication or Miscommunication? (2) Chapter 18: Communication or Miscommunication? (3) Chapter 19: A Lifetime love affair. A tall order or realistic? ebook is yours for only £7.99 Endorsements "Any couple in relationship difficulty and those who just want to improve the intimacy of their marriage will find plenty of practical help in this down to earth guide which combines many years of deep

insight with lots of case examples and tasks to do individually or together" - Dr Trevor Stammers FRCGP, former GP for 27 years and author of "Saving Sex: Answers to Teenagers", "The Family Guide to Sex and Intimacy" and "Love Lies Bleeding: Abuse in the Family". Not a book for a quick read through! Gary McFarlane has packed boatloads of wisdom and practical advice in here. This is a book that could begin a relationships-transforming journey for many - Revd Professor John Nolland BSc ThL BD PhD, Academic Dean, Director of Research, Tutor, Trinity College, Bristol.

Sex Addiction - Paula Hall 2019-02-04
Sex Addiction: A Guide for Couples and Those Who Help Them 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

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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 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.

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 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.

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