

Sex Addiction Psychology

Moving Beyond Betrayal Vicki Tidwell Palmer 2016-05-16 A go-to guide on how to confront, heal from, and ultimately thrive after the devastation of betrayal by a partner's compulsive sexual or other addictive behavior. The first book specifically for partners affected by addictive behavior that addresses, in detail, how to identify, create, and maintain boundaries as a vital component of self-care and an indispensable tool for healing and growth. Through working the 5-Step Boundary Solution partners will gain clarity; reduce the chaos inherent in relationships impacted by sex addiction; feel more empowered and in control of their lives; discover whether or not their relationship with the addict is salvageable. Vicki Tidwell Palmer is a Licensed Clinical Social Worker (LCSW), Certified Sex Addiction Therapist (CSAT), and Somatic Experiencing Practitioner (SEP) in private practice in Houston, Texas. She is the author of the blog for partners Survival Strategies for Partners of Sex Addicts.

Sex and the Internet Al Cooper 2013-08-21 This groundbreaking book is the first of its kind to thoroughly explore the topic of cybersex and the effects of Internet use on sexuality. Focusing on treatment and assessment issues and the clinical implications of cybersex, this authoritative volume provides mental health professionals with an analysis of the most recent empirical evidence along with research specific to the impact of Internet use on couples and families, gay men, people with disabilities, children, and the workplace. Edited by one of the leading researchers, clinicians and authors in the emerging field of sex and the Internet, this book addresses the growing complexity of Internet sex issues and their impact on psychological functioning.

What's Wrong with Addiction? Helen Keane 2002 This is an impressive work: carefully structured, researched and written . . . a refreshingly lucid account that is both intellectually stimulating and professionally helpful. Janet McCalman Addicts are generally regarded with either pity or grave disapproval. But is being addicted to something necessarily bad? These attitudes are explicit both in contemporary medical literature and in popular, self-help texts. We categorise addiction as unnatural, diseased and self-destructive. We demonise pleasure and desire, and view the addict as physically and morally damaged. Helen Keane's thought-provoking text examines these assumptions in a new light. In asserting that the 'wrongness' of addiction is not fixed or indeed obvious, she presents a refreshing challenge to more conventional accounts of addiction. She also investigates the notion that people can be addicted to eating, love and sex, just as they are to drugs and alcohol. What's Wrong with Addiction? shows that most of our ideas about addiction take certain ideals of health and normality for granted. It exposes strains in our society's oppositions between health and disease, between the natural and the artificial, between order and disorder, and between self and other.

Addiction in South and East Africa Yamikani Ndasauka 2019-06-12 This book explores both the existence and prevalence of addiction in South and East Africa, departing from traditional assumptions about addiction in the region. The authors employ an interdisciplinary approach to understand the actual prevalence of addiction and the forms it takes in South and East Africa. The book also addresses the perceptions and conceptualisation of addiction in the region, in addition to discussing specific issues related to drug and alcohol abuse and addiction, social media addiction, and sex addiction.

Desire Susan Cheever 2009-10-06 We've all felt the giddy flutter of excitement when our new lover walks into the room. Waited by the phone, changed our plans...But are we in love, or is there something darker at work? In *Desire: Where Sex Meets Addiction*, Susan Cheever explores the shifting boundaries between the feelings of passion and addiction, desire and need, and she raises provocative and important questions about who we love and why. Elegantly written and thoughtfully composed, Cheever's book combines unsparing and intimate memoir, interviews and stories, hard science and psychology to explore the difference between falling in love and falling prey to an addiction. Part one defines what addiction is and how it works -- the obsession, the betrayals, the broken promises to oneself and others. Part two explores the possible causes of addiction -- is it nature or nurture, a permanent condition or a temporary derangement? Part three considers what we can do about it, including a provocative suggestion about how we describe and treat addiction, and a look at the importance of community and storytelling. In the end, there are no easy answers. "A straight look about some crooked feelings," *Desire* shows us the difference between the addiction that cripples our emotions, and healthy, empowering love that enhances our lives.

The Storm of Sex Addiction Connie A. Lofgreen 2012-09 From one of the country's most capable and insightful therapists comes an unprecedented examination of this burgeoning illness. In *The Storm of Sex Addiction: Rescue and Recovery* Connie Lofgreen elevates the conversation and presents the most accessible and readable primer on sex addiction extant. She skillfully educates, bringing clarity to concepts with thought-provoking and helpful explanations and stories. Lofgreen explains the dynamics and roots of the disorder and provides practical information and compassionate guidance to anyone affected by sex addiction, especially the addicts and families whose lives it shatters. Lofgreen does more than sound the alarm; she describes the hopeful option of treatment and outlines the components necessary for predictable recovery. She envisions a new era of valuing authentic intimate relationships over reckless sexual consumption and exploitation. Lofgreen makes a clarion call for awareness of sex addiction as the public health issue it truly is and presents strategic initiatives to respond. *The Storm of Sex Addiction* is an informative and useful resource—a must-have for people who want to understand the illness, its treatment, and prevention. Lofgreen understands the challenge, answers the crucial questions, and offers constructive solutions.

Psychotherapy and the Promiscuous Patient E Mark Stern 2014-05-12 Learn effective strategies for therapy with promiscuous patients from this in-depth exploration of the phenomenon of promiscuity in the lives and backgrounds of patients seeking psychotherapy. This unique book features insights about the pitfalls of patients who cannot bear commitment to any one person, or who jeopardize their commitments with a need to spark their lives with promiscuity. *Psychotherapy and the Promiscuous Patient* teaches psychotherapists to respond to their patients' promiscuous behavior as a symptom of a problem, not the problem itself. A realm of aspects of promiscuity are explored within the psychiatric context. Promiscuity is very broadly defined in fascinating examinations of adult promiscuity as a result of childhood sexual abuse, hypersexuality in adult males, addiction to the sensation of "falling in love," career promiscuity, and even psychotherapy as an uncommon "promiscuity"--a nonexclusive, altruistic love. Timely chapters confront the changing distinctions between promiscuity and sex addiction and challenge readers to uncover the various emotional needs met by promiscuity in order to protect patients from their self-destructive behavior. Knowledgeable practicing psychotherapists relate methods for dealing with patients' constant restlessness and working with a variety of patients in an intimate setting. *Psychotherapy and the Promiscuous Patient* contains invaluable strategies that can be directly applied to practice including: the use of narrative construction and reconstruction as treatment for sexually promiscuous clients a self-psychological approach to treatment the importance of confusion as an introduction to change in therapy a method of self-investigation applied to promiscuous behavior the implications of the clinical meaning and therapeutic use of strong-laughter outbursts in psychology a self-psychology perspective on transference to therapists *Psychotherapy and the Promiscuous Patient* is a valuable clinical book for psychotherapists, and it offers an across the board appeal to a wide variety of psychiatrists and related social scientists who are interested in today's shifting moral climate. It is also an ideal supplemental text for an introductory methods or applications in psychiatry course.

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.

Losing the Bond with God Katarzyna Peoples 2011-04-07 Empirical research provides the basis for a comprehensive depiction of evangelical Christian men who self-identify as sexual addicts. *Losing the Bond with God: Sexual Addiction and Evangelical Men* offers a humane and constructive understanding of this issue, treating it from an objective perspective rather than the Christian perspective that is common to writings on the subject. Based on her own qualitative study of self-identified evangelical sex addicts, the author shows how these men must overcome the compartmentalization of their lives and improve the integration of religion, marriage, and sexuality if they are to break their destructive patterns. The book addresses many of the most dominant issues specific to sexuality within the evangelical movement, such as sexual purity, gender roles, attitudes regarding homosexuality, and marriage. It begins with a framework for understanding the evangelical movement and its stance on sexual issues. and ends with a cumulative summary about evangelical men who self-identify as sexual addicts. Direct quotes and personal experiences from interviews are woven throughout the study, and appendices provide a detailed description of the author's research.

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. 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*.

Sex Addiction Ralph H. Earle 1995 First published in 1995. Routledge is an imprint of Taylor & Francis, an informa company.

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 back to and no 'after'. This book adopts the metaphor of a boat, presenting addiction as the tidal wave that devastates the relation-ship, 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 relation-ship 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.

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.

Treating Sexual Shame Anne Stirling Hastings 1998-01-01 In therapy, as in the world at large, sexuality is different from other issues because of the culturally imposed secrecy and shame that inhibit open, non-defended talk about it. Anne Stirling Hastings, Ph.D., who specializes in treating the overlapping sexual problems of abuse, addiction, and dysfunction, encourages clinicians to recognize and overcome their own shame as a precondition to eliciting and advancing their clients' awareness.

Understanding and Treating Sex Addiction Paula Hall 2012-11-27 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.

Sex Addiction 101 Robert Weiss 2015-10-27 As technology and the internet have become more accessible, the number of affordable, easy links to pleasurable sexual content and activity has increased with it, and so too has the number of people struggling with sex, porn, and love addiction. Unfortunately, very few people possess a comprehensive understanding of this incredibly complicated disease. *Sex Addiction 101* covers everything from what sexual addiction is and how it can best be treated, to how it affects various subgroups of the population, such as women, gays, and teenagers, to how sex addicts can protect themselves from the online sexual onslaught. *Sex Addiction 101* is intended to enlighten the clinical population as well as actual sex addicts and their loved ones. Along with his mentor Patrick Carnes, Weiss has become the face of and driving force behind understanding and treating sexual addiction; this book should be a core title in every addiction collection.

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.

False Intimacy Harry Schaumburg 2019-12-31 With frank honesty, *False Intimacy* offers realistic direction to those whose lives or ministries have been impacted by sexual addiction while examining the roots behind

these behaviors. This compelling book examines different aspects of sexual addiction, including shame, purity, and forgiveness, while exploring one's true identity and God-given sexuality.

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.

Mending a Shattered Heart Stefanie Carnes 2011 Practical advice on how to deal with the trauma of discovering that one's spouse or partner is a sex addict.

Compulsive Sexual Behavior Disorder Richard Balon, M.D. 2021-02-04 "Compulsive Sexual Behavior Disorder: Understanding, Assessment, and Treatment is the first book to explore the new ICD-11 diagnosis, which, although controversial, is useful in defining, categorizing, and classifying sexual behavior that causes anguish and distress. Edited by clinicians at the forefront of the field, the book prioritizes both clinical utility and relevant research. After an introduction, which offers much-needed context, the book compares sex addiction and compulsive sexual behavior disorder (CSBD) by reviewing proposed criteria for both conditions, examines the associations between CSBD and substance use and other addictive disorders, and then moves to a chapter on CSBD and the internet, offering clinically-based insights on how to work with patients who engage compulsively in online sexual activities. The volume then proceeds to the diagnosis of hypersexual or compulsive sexual behavior in both ICD-11 and DSM-5 and describes best practices for making a comprehensive evaluation, including conducting the clinical interview and the use of relevant assessment tools. This is followed by a review of the different pharmacological and psychotherapeutic approaches available to treating clinicians. Special topics include a discussion of existing research on compulsive sexual behavior in women-an area of inquiry that has been badly neglected-as well as the forensic aspects and associated risks of hypersexuality and the religious and cultural influences related to CSBD. Hypersexuality afflicts many, disrupting lives and hampering true intimacy. Drawing on cutting-edge research and clinical wisdom, Compulsive Sexual Behavior Disorder: Understanding, Assessment, and Treatment equips practitioners to engage and treat these complex cases"--

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.

Is It Love or Is It Addiction Brenda Schaeffer 2009-08-07 A fresh, updated, and expanded edition of the book that changed the way we think about romance and intimacy. Many of us confuse longing and obsession with true love. Through two previous editions, Is It Love or Is It Addiction? has helped countless people find their way from the trials and confusion of addictive love to the fulfillment of whole and healthy relationships. As the author reveals, we can begin to work through relationship difficulties with compassion and lasting effect by increasing our awareness of the ways that we express love. In this expanded third edition, Brenda Schaeffer draws on years of feedback and new developments to foster an understanding of love addiction: what it is and what it is not, how to identify it, and, even more important, how to break free of it. Stories of real people struggling to develop sound relationships illustrate the characteristics of healthy love and help readers to free themselves to find real intimacy. Included is the most up-to-date information about the biological basis of addictive behaviors and the impact of technology on intimate relationships. The author also explores the influence of past abuse and trauma on the predisposition to love addiction.

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.

The Handbook of Addiction Treatment for Women Shulamith Lala Ashenberg Straussner 2001-01-18 Providing essential theoretical and practical guidelines for clinicians, educators, policymakers, and public health professionals, The Handbook of Addiction Treatment for Women is a comprehensive resource of the most current research and knowledge from recognized experts in the field of addiction and treatment. This much needed guide offers an historical context on the issue of women and addiction, examines the myriad challenges of the female addict, and includes recommendations for choosing a course of treatment that will meet the specific needs of an individual woman addict.

Sex Addiction Barry Reay 2015-08-06 The concept of sex addiction took hold in the 1980s as a product of cultural anxiety. Yet, despite being essentially mythical, sex addiction has to be taken seriously as a phenomenon. Its success as a purported malady lay with its medicalization, both as a self-help movement in terms of self-diagnosis, and as a rapidly growing industry of therapists treating the new disease. The media played a role in its history, first with TV, the tabloids and the case histories of claimed celebrity victims all helping to popularize the concept, and then with the impact of the Internet. This book is a critical history of an archetypically modern sexual syndrome. Reay, Attwood and Gooder argue that this strange history of social opportunism, diagnostic amorphism, therapeutic self-interest and popular cultural endorsement is marked by an essential social conservatism: sex addiction has become a convenient term to describe disapproved sex. It is a label without explanatory force. This book will be essential reading for those interested in sexuality studies, contemporary history, psychology, psychiatry, sociology, media studies and studies of the Internet. It will also be of interest to doctors and therapists currently working in this and related fields.

Breaking the Cycle George Collins 2011-10-01 Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, Breaking the Cycle presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

Clinical Management of Sex Addiction Patrick J. Carnes 2019-11-28 Clinical Management of Sex Addiction's newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction. 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. It additionally provides new chapters on emerging areas of interest, including partner counseling, trauma and sexual addiction, and adolescent sex addiction. With a focus on special populations, the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior. Readable, concise and filled with useful interventions, it is a key text for professionals new to the field and a classic reference for all clinicians who treat sex addiction.

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...

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 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.

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.

People Who Are Addicted To Sex Joanne Brodie 2014-06-02 Excessive engagement in prostitution, pornography, phone and chat room sex, exhibitionism, voyeurism and compulsive masturbation - such behaviours may point to sexual addiction. In this book, Joanne Brodie pulls away the blankets to uncover the hidden reality of a condition that has become prevalent in our increasingly sexualised society. The author's frank observations and shrewd insights are based on compelling case studies and years of experience as a counsellor for the afflicted, as well as her own struggle with sex addiction. In her wry tone, and with quirky humour, she deflates several myths surrounding sexual addiction, identifies behavioural patterns associated with it and, ultimately, advises on the steps to healing.

The Sexual Addiction Patrick Carnes 1983

Sexual Addiction and Traumatic Incident Reduction (T.I.R.) Kadie McCourt 2015 "Sexual addiction is strongly anchored in shame and trauma. Research conducted over the past fifteen years has consistently shown the prevalence of emotional, physical and sexual abuse in this population" (Cox and Howard, 2007, p. 1). As well, there is also high co-morbidity of sexual addiction with other addictive disorders. An additional layer of sexual addiction is the underlying shame associated with the actions and behaviors the client engages in for this addiction. This intense shame is likely to fuel and perpetuate the cycle of the addiction. With such a strong link, it is important for clinicians to address the underlying trauma while assisting clients with sexual addiction (Cox and Howard, 2007). To assist clients in overcoming a sexual addiction there are minimal options. Unlike gambling where absolute abstinence from the behavior is the desired effect, this type of a decision regarding sex will hinder a healthy relationship. One strategy is to use a Sexual Boundary Plan (Weiss, 2004). Fortunately, with Traumatic Incident Reduction (T.I.R.) and related techniques, this is not the only strategy to assist clients with a sexual addiction. It is important to remember that a sexual addiction is similar to alcoholism in that the individual uses sex to cope with pain and numb difficult feelings. For the sex addict, sex is mood altering like a drug, and the individual needs more and more to achieve the same elevated feeling. Often this results in more frequent sexual behaviors and increased risks. Sex becomes the focus in a person's life and thus there is no room for healthy relationships. In addition to abuse experiences, other traumas for the sexual addict are betrayal, abandonment or rejection. "If the betrayal is severe enough, trauma results. Fear and terror become the catalyst that allows betrayal to move into the area of trauma" (Cox and Howard, 2007, p.6).

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 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.

Beyond the Primal Addiction Nina Savelle-Rocklin 2019-03-05 Written by experienced practitioners in the fields of addiction and psychoanalysis, and illustrated by a range of moving vignettes, this groundbreaking book examines the psychological foundations of addiction in the areas of food, sex, gambling, internet usage, shopping, and work. This book not only explores the roots of addictive behavior, explaining why popular treatment options such as the 12-Step Program often fail, it also provides insights for emotional resolution and strategies for behavioral change. Beyond the Primal Addiction seeks to understand rather than pathologize addictive behaviours, now so pervasive in contemporary societies. It will be essential reading for psychoanalysts, psychotherapists, and other mental health professionals, as well as their clients.

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.

The Psychology of Sexual Expression Grace Ennis 2017-08-11 How have you chosen to express yourself sexually? Do you understand who you are as a sexual being? What does sex mean to you? If these are questions you have been asking yourself, you have stopped off at the right place because in this book you will find all the answers you are looking for. We are living in a generation where sex is watched, bought, sold and glamorized but no one is talking about it. Teenage boys and girls are constantly bombarded with indirect messages of what sexuality means but they are not learning about the emotional and psychological ramifications behind being sexually active. Pornography is rampant, with the advances in technology children as young as 12 are being exposed to graphic sexual images that have a lifelong effect on them by forever tainting their view on sex. Pornography, sex addiction and infidelity are at an all time high. Homes and families are destroyed because people are completely ignorant about sexual psychology. If you are tired of not getting the answers you need this book is going to be of great benefit to you, in it you will learn: About human sexuality and how it has been shaped by society How society encourages sexual freedom The double standards related

to sexual expression Issues related to sexuality How sexuality is addressed during therapy The psychological aspects of pornography addiction There is so much more inside this book, make a great decision today and purchase "The Psychology of Sexual Expression."

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. 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.

Sexual Addiction and Traumatic Incident Reduction (TIR) Kadie McCourt 2012-01-01 ¿Sexual addiction is strongly anchored in shame and trauma. Research conducted over the past fifteen years has consistently shown the prevalence of emotional, physical and sexual abuse in this population? (Cox & Howard, 2007, p. 1). As well, there is also high co-morbidity of sexual addiction with other addictive disorders. An additional layer of sexual addiction is the underlying shame associated with the actions and behaviors the client engages in for this addiction. This intense shame is likely to fuel and perpetuate the cycle of the addiction. With such a strong link, it is important for clinicians to address the underlying trauma while assisting clients with sexual addiction (Cox & Howard, 2007).¿ To assist clients in overcoming a sexual addiction there are minimal options. Unlike gambling where absolute abstinence from the behavior is the desired effect, this type of a decision regarding sex will hinder a healthy relationship. One strategy is to use a Sexual Boundary Plan (Weiss, 2004). Fortunately, with Traumatic Incident Reduction (TIR) and related techniques, this is not the only strategy to assist clients with a sexual addiction. It is important to remember that a sexual addiction is similar to alcoholism in that the individual uses sex to cope with pain and numb difficult feelings. For the sex addict, sex is mood altering like a drug, and the individual needs more and more to achieve the same elevated feeling. Often this results in more frequent sexual behaviors and increased risks. Sex becomes the focus in a person's life and thus there is no room for healthy relationships. In addition to abuse experiences, other traumas for the sexual addict are betrayal, abandonment or rejection. ¿If the betrayal is severe enough, trauma results. Fear and terror become the catalyst that allows betrayal to move into the area of trauma? (Cox & Howard, 2007, p.6). From the Metapsychology Monographs Series Learn more at www.TIRBook.com

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