

Sex Addiction Help Youtube

Treating Out of Control Sexual Behavior - Douglas Braun-Harvey, MA, MFT, CGP, CST
2015-11-05

Out of control sexual behavior is referred to variously as "sex addiction", "sexual compulsivity", and "hypersexuality", among other terms, has been a controversial and attention-getting issue since it first captured both public and professional attention over 30 years ago. Previous discussions of this behavior have been grounded in conceptualizing it as a pathologized, medical issue on par with substance abuse addictions, or, in backlash, as simply irresponsible behavior indicating weakness in the individual. In keeping with the call from many leaders in the mental health and sexual health areas to move beyond these two polarized conceptualizations of these

sexual behavior problems, the authors present a model for working with clients in both group and individual treatment settings. Based on their experience with hundreds of clients, this book provides a comprehensive and practical conceptualization of out of control sexual behavior framed as a sexual health problem within a larger model of human behavior, not a psychiatric or addictive disorder. The book includes step-by-step tools for assessment, treatment planning as well as treatment implementation. It describes a process for professionals to guide clients to define and be accountable for their own personal vision of sexual health as the foundation on which they regain sexual behavior control. The authors provide rich and varied composite case examples based on 20 years of clinical experience that

demonstrate clinician sexual health treatment conversations and tools, as well as stories of hope and guidance so essential to individuals wanting to understand how sexual health can be the essential ally in changing their sexual behavior.

Unwanted - Jay Stringer

2018-09-04

Outreach magazine 2018

Resource of the

Year—Counseling &

Relationships! *Unwanted: How*

Sexual Brokenness Reveals Our

Way to Healing is a ground-

breaking resource that

explores the “why” behind self-

destructive sexual choices. The

book is based on research from

over 3,800 men and women

seeking freedom from

unwanted sexual behavior, be

that the use of pornography, an

affair, or buying sex. Jay

Stringer’s (M.Div, MA, LMHC)

original research found that

unwanted sexual behavior can

be both shaped by and

predicted based on the parts of

our story—past and

present—that remain

unaddressed. When we pay

attention to our unwanted

sexual desires and identify the unique reasons that trigger them, the path of healing is revealed. Although many of us feel ashamed and unwanted after years of sexual brokenness, the book invites the reader to see that behavior as the very location God can most powerfully work in their lives. Counselors, pastors, and accountability partners of those who experience sexual shame will also find in this book the deep spiritual and psychological guidance they need to effectively minister to the sexually broken around them.

Cruise Control - Robert Weiss

2010-11-26

Robert Weiss, director of the

Sexual Recovery Institute in

Santa Monica, California,

avoids political and moral

arguments and instead focuses

on the clinical approach,

asking the question, “Is your

sexual behavior causing

problems in other areas of your

life?” *Cruise Control* leads men

to a better understanding of

the difference between sexual

compulsion and non-addictive

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sexual behavior within the gay experience, and it explains what resources are available for recovery. A timely and important contribution to the body of recovery literature, Cruise Control provides understanding, empathy and encouragement to gay men seeking healthy sexual expression.

Prodependence - Robert Weiss 2022-08-30

Prodependence revolutionized addiction healthcare by improving the ways we treat loved ones of addicts and other troubled people by offering them more dignity for their suffering rather than blame for the problem. This revised edition builds on the model, revealing many more ways to put the method into practice and strategies for setting healthy boundaries. Do you love an addict? Do you sometimes feel like their addiction is your fault? Are people calling you codependent? If our treatment toward loved ones of addicts alienates them, it's time we change our approach. With

Prodependence, Dr. Robert Weiss offers us the first fully new paradigm in nearly 40 years for helping those who love and care for addicts. An attachment-focused model, prodependence recognizes that no one can ever love too much, nor should anyone be pathologized for whomever they choose to love as is often the case. Prodependence informs caregivers how to love more effectively, but without having to bear a negative label for the valuable support they give. When treating loved ones of addicts and other troubled people using prodependence, we need not find something "wrong" with them. Instead, we acknowledge the trauma and inherent dysfunction that occurs when living in relationship with someone whose life is failing and keep moving forward. Validating a caregiver's painful journey for what it is opens the door to support them in useful, non-shaming ways. Helping people take incremental, positive steps toward intimate healing is what Prodependence is all about!

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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.

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

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

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

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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 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.

Silently Seduced - Kenneth M. Adams 2011-09

In this revised and updated 20th anniversary edition of his groundbreaking book, Dr. Kenneth Adams, a leading expert on covert incest, sex addiction, and childhood trauma, offers tools for identifying and healing from covert incestuous relationships that affect adult relationships and lives. He explains how 'feeling close' with a parent is

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not always the source of comfort the phrase suggests, especially when that child is cheated out of a childhood by being a parent's surrogate partner. Dr. Adams includes a new Q&A section that directly addresses issues including: • How can this be incestuous when there is no physical sexual contact? • Why is sexual addiction so common with covert incest survivors? • Why is it so hard for covert incest survivors to commit to romantic relationships? • If my partner is a covert incest survivor, how can I help? • Can I pass covert incest on to my children? Through new findings and expanded discussions on 'engulfment,' 'excessive guilt,' 'loyalty,' and 'narcissism,' and others, *Silently Seduced* offers a framework to understand covert incest and its effect on sexuality, intimacy, and relationships to facilitate the process of recovery.

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

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and back into the light and fullness of life.

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.

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.

Dopamine Nation - Dr. Anna

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Lembke 2021-08-24
INSTANT NEW YORK TIMES
and LOS ANGELES TIMES
BESTSELLER “Brilliant . . .
riveting, scary, cogent, and
cleverly argued.”—Beth Macy,
author of *Dopesick*, as heard
on *Fresh Air* This book is about
pleasure. It’s also about pain.
Most important, it’s about how
to find the delicate balance
between the two, and why now
more than ever finding balance
is essential. We’re living in a
time of unprecedented access
to high-reward, high-dopamine
stimuli: drugs, food, news,
gambling, shopping, gaming,
texting, sexting, Facebooking,
Instagramming, YouTubing,
tweeting . . . The increased
numbers, variety, and potency
is staggering. The smartphone
is the modern-day hypodermic
needle, delivering digital
dopamine 24/7 for a wired
generation. As such we’ve all
become vulnerable to
compulsive overconsumption.
In *Dopamine Nation*, Dr. Anna
Lembke, psychiatrist and
author, explores the exciting
new scientific discoveries that
explain why the relentless

pursuit of pleasure leads to
pain . . . and what to do about
it. Condensing complex
neuroscience into easy-to-
understand metaphors,
Lembke illustrates how finding
contentment and
connectedness means keeping
dopamine in check. The lived
experiences of her patients are
the gripping fabric of her
narrative. Their riveting stories
of suffering and redemption
give us all hope for managing
our consumption and
transforming our lives. In
essence, *Dopamine Nation*
shows that the secret to finding
balance is combining the
science of desire with the
wisdom of recovery.

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

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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.

The Sexual Addiction - Patrick Carnes 1983

Facing the Shadow - Patrick Carnes 2010
Rev. ed. of: Facing the shadow / Barbara K. Schwartz and Gregory M.S. Canfield; illustrations incorporated by Alyce M. Kullas. c1996.

Recovery - Russell Brand 2017-09-21

The Number One Sunday Times Bestseller from Russell Brand. 'This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame.' The program in Recovery has given Russell Brand freedom from all addictions and it will do the same for you. This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

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Beyond the Bedroom - Douglas Weiss 2005-07

Did one or both of your parents: Become emotionally distant and unloving to their spouse? Talk about sex or sexuality in an inappropriate way? Spend a lot of time away from home or form unusually close platonic relationships? Continue their destructive behavior, even when confronted by the damage it was causing? If so, you are an adult child of a sex addict. Sex addiction is not about parents who cheat on each other or have multiple partners, although it does manifest itself that way. It is about any sexual dysfunction between people in a long-term relationship: sexual withholding, emotional detachment, bullying or demeaning behavior, etc. These relationship problems form subconscious impressions on children and lead to unfulfilling relationships in later life. This book, for the first time, identifies 'sexual addiction' as a root cause of many of the dysfunctions in relationships. It helps readers

analyze their parents' relationships. It then shows them the possible dysfunctions these problems caused in their own relationships, giving both general guidance and personal anecdotes from a select group of children of sex addicts. Finally, it gives readers several specific exercises to help free them from their past, heal their relationship with your parents (especially the 'victim partner'—often the wife—who is subconsciously blamed for not stopping the spouse's disruptive behavior), and repair any damage in their current relationships. This book is not just about cheating or abuse. It is about finding the way back to the loving relationships you want...and that those around you deserve.

Getting Off - Erica Garza 2018-01-09

"Erica Garza has written a riveting, can't-look-away memoir of a life lived hardcore...In an era when predatory male sexual behavior has finally become a topic of urgent national discourse...Getting Off makes

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for a wild, timely read” (Elle). A fixation on porn and orgasm, strings of failed relationships and serial hook-ups with strangers, inevitable blackouts to blunt the shame—these are not things we often hear women share publicly, and not with the candor, eloquence, and introspection Erica Garza brings to *Getting Off*. What sets this courageous and riveting account apart from your typical misery memoir is the absence of any precipitating trauma beyond the garden variety of hurt we’ve all had to endure in simply becoming a person—reckoning with family, learning to be social, integrating what it means to be sexual. Whatever tenor of violence or abuse Erica’s life took on through her behavior was of her own making, fueled by fear, guilt, self-loathing, self-pity, loneliness, and the hopelessness those feelings brought on as she runs from one side of the world to the other in an effort to break her

habits—from East Los Angeles to Hawaii and Southeast Asia, through the brothels of Bangkok and the yoga studios of Bali to disappointing stabs at therapy and twelve-steps back home. In these remarkable pages, Garza draws an evocative, studied portrait of the anxiety that fuels her obsessions, as well as the exhilaration and hope she begins to feel when she suspects she might be free of them. *Getting Off* offers a brave and necessary voice to our evolving conversations about addiction and the impact that internet culture has had on us all—“a profoundly genuine, gripping story that any reader can appreciate” (Vice). “In reading Garza’s insight into her own experiences, we better understand ourselves” (The New York Times Book Review). [Life After Lust](#) - Forest Benedict 2017-03
Recovery handbook for male & female sex & pornography addicts.
Sex: When is it an Addiction? -

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