

SEX ADDICTON

Sex Addiction therapy offers a specialised treatment programme for those whose sexual behaviours have become out of control and which they continue with, often to the detriment of work, family and relationships.

I treat individuals by helping them to overcome compulsive sexual behaviours and develop a healthy sexuality by understanding *why* the addiction has occurred in the first place and address any underlying issues that may be contributing to their abnormal sexual behaviour.

Treatment focuses on helping clients understand what they are 'anaesthisng' themselves against and help them to put in place healthy, alternative ways to meet their needs.

Sex addiction often springs from unresolved emotional conflicts and psychological problems. People with this problem may have difficulty with intimacy, insecurity about their sexuality, or ambivalent feelings towards the opposite sex. Therapy is especially effective when people have experienced personal problems due to their addiction, because it gives them a chance to rebuild their entire lives as well as combating the addiction.

I use an integrative therapeutic approach to treat sex addiction. It consists of a combination of psychotherapy, CBT (Cognitive Behavioural Therapy), Motivational Interviewing and helping clients understand the neuro-biology of this addiction.

The majority of sex addicts find it very difficult to change their behaviour on their own. In the application of the integrative therapy described above, I use various techniques to aid recovery including: conducting a full and thorough assessment of the person and their problem, help with understanding the reasons for their addiction, reducing the shame and guilt addicts are inevitably feeling, work with them to find practical and effective ways of resisting 'acting out' (the unhealthy sexual behaviour) and last but not least, establishing a sound therapeutic relationship between client and therapist.

For clients with **partners** I welcome the opportunity to meet with them and explain the process of sexual addiction treatment and explore ways forward for them as a couple. I will predominantly work with the addict in the first instance to provide them with the quickest and most effective means of getting the unwanted behaviour under control. After that, partners are invited to join the therapy if they so wish, and I will work with them together to help restore trust and renewed intimacy in their relationship.

The benefits of receiving treatment for sex addiction are many, including: improved self-esteem, the ability to develop healthy sexual relationships, avoiding mental health issues which may arise from the addiction (eg depression, anxiety), the extinction of wasted time and money, as well as many more.

