



Lewisham
Counselling
and
Counsellor
Training
Associates

Aim

To explore how counselling, combined with a 12 Step Programme, impacted on healing the shame carried by clients who are self-identified sex-addicts, and if this improved clients' ability to form intimate relationships.

Methodology

Phenomenological, Thematically Analysed, Qualitative Research, Following BACP Ethical Guidelines

Findings

- Comorbidities of substance abuse and other addictions
- Lack of intimacy in active addiction
- Shame experienced by self-identifying sex addicts
- A prevailing external locus of evaluation
- Experience of childhood trauma
- Receiving and participating in abusive behaviours
- The positive impact of being part of both a 12 step program and engaging with counselling

Conclusions & Recommendations

- Our research was a combined project and this limited us in not being able to explore all of themes fully.
- However we suggest from what we found, that by engaging in both Counselling and a 12-Step program, self-identifying sex addicts may experience an intimate relationship which can help them work through their shame, and become more able to form further intimate relationships.



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SEX ADDICTION

How has Counselling and a 12 Step Programme impacted on the ability of Clients who are Self-Identifying Sex-Addicts in healing their shame-based personalities and their inability to form intimate relationships?