

The Cost of Sex & Porn Addiction

Paula Hall

The Laurel Centre - Services

Therapy

- Individual Psychotherapy (also via Skype)
- Couple Counselling & Disclosure services
- Psychosexual Therapy
- Intensive & Weekly Addiction Recovery Groups
- Chemsex recovery group (London)
- Intensive & Weekly Partner Support Group
- Online recovery groups

Training - ISAT *(Institute for Sex Addiction Training)*

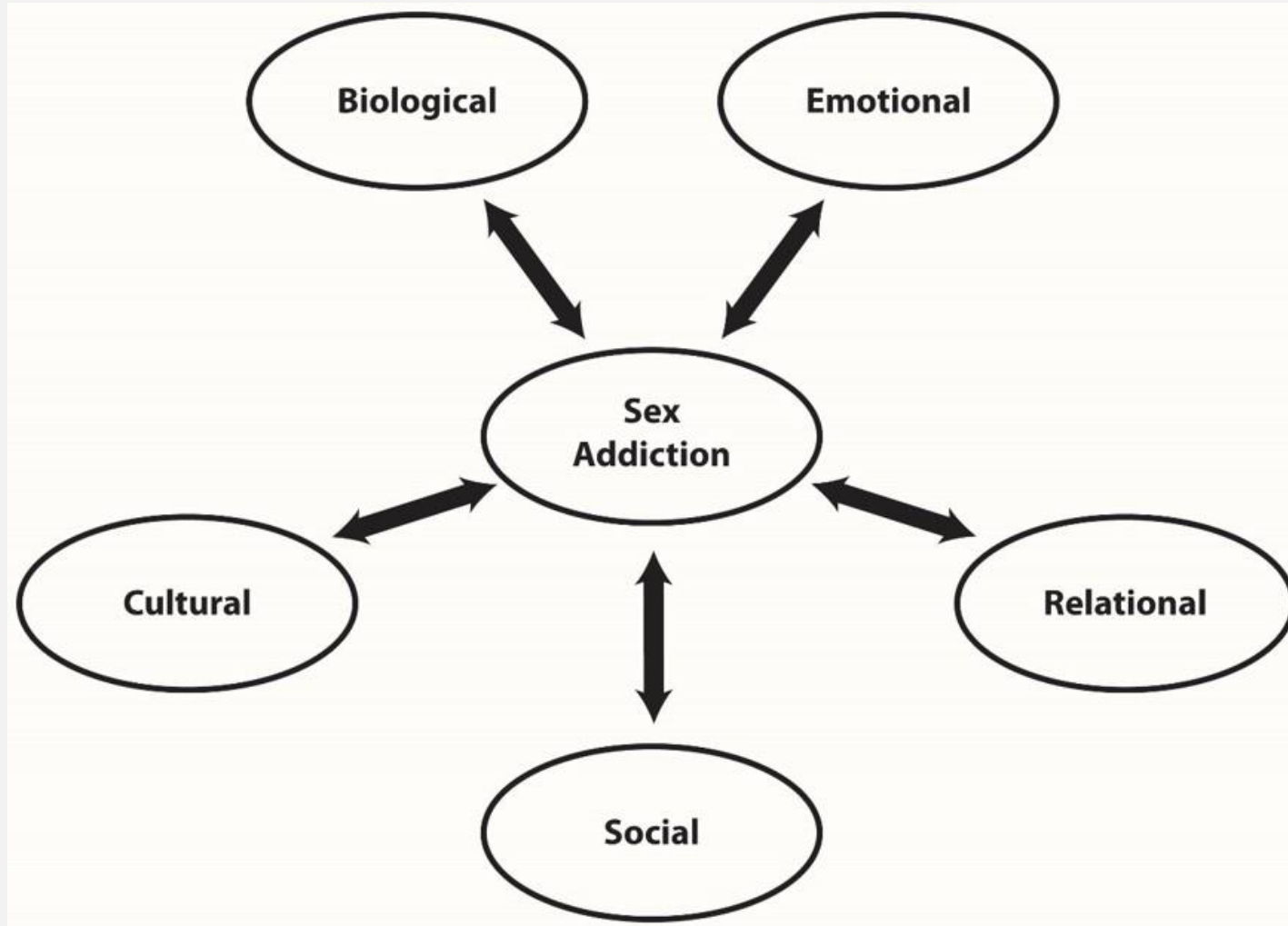
- Accredited Diploma in Sex Addiction Counselling
- CPD days

Defining Sex & Porn Addiction

- Any sexual activity that is used to modulate emotion and that feels out of control
- *An unhealthy relationship with a mood-altering experience*
- Someone with addiction is not reliably able to stop, or control, their behaviour in spite of significant harmful consequences

Models of Addiction

- *BERSC (Hall 2012)*



The function of addiction

Sex & porn addiction may be used to anaesthetise against:

- Boredom
- Loneliness
- Stress and anxiety
- Anger & Frustration
- Fear & Loss
- Managing Hyper/Hypo arousal states
- Shame

In relationships, it defends against:

- Fears of abandonment
- Fears of engulfment

Loss – as cause

- Parental attachment
- Health
- Friendships
- Relationship
- Sexuality/sexual functioning
- Employment / Work status
- Dreams and ambitions
- Money

Loss – as consequence

- Health
- Friendships
- Relationship
- Parenting relationship
- Sexuality / sexual functioning
- Employment / Work status
- Dreams and ambitions
- Money

Loss of Addiction

- Best friend
- Comforter
- Safe place
- Autonomous space
- Sexual identity
- Personal identity

***Craving and
Grief often
feel the same***

A recovering addict will need to mourn not only their addiction and lifestyle, but also the life they missed while engaged in the addicted life.

Treatment

C.H.O.I.C.E. Recovery Model

C – Challenge Core Beliefs

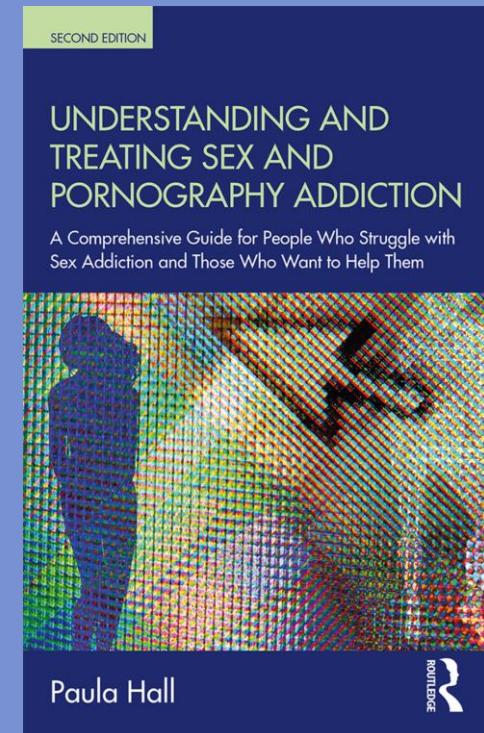
H – Have a Vision

O – Overcome Compulsive Behaviours

I – Identify Positive Sexuality

C – Connect with Others

E – Establish Confident Recovery



C - Challenge Core Beliefs

“I don’t need to change”

- Highlight actual & potential harmful consequences
- Challenge cognitive distortions

“I don’t want to change”

- Empathise with loss
- MI techniques

“I can’t change”

- Psycho-educate
- Identify negative self statements
- Reduce shame

The CHOICE Recovery Model

H – Have a Vision



- Identify values
- Teach to dream
- Create vision
- Set goals

O – Overcome Compulsive Behaviours

- Identify and avoid triggers
- Establish relapse prevention strategies
- Establish recovery routines
- Explore underlying trauma/attachment issues
- Identify unmet needs

Get off the cycle of addiction

I – Identify Positive Sexuality

Positive sexuality is....

- In line with personal values
- Respectful of self and others
- Pleasurable
- Mutually fulfilling (when partnered)
- Not shameful
- Confidence and esteem building

To achieve it.....

- GSRD affirmative sex education
- Positive sex plan
- Psychosexual therapy to overcome sexual dysfunctions

C – Connect with Others

“The opposite of addiction is not sobriety, the opposite of addiction is connection”

Johann Hari

- Friends
- Family
- Partnered relationships
- Recovery groups
- 12-step fellowship

E – Establish Confident Recovery

“Recovery is not about what you give up, it’s what you take up”

- Establish emotional stability
- Develop assertiveness
- Daily recovery disciplines
- Healthy pursuits & pastimes

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