

What is Sex Addiction and What Can Therapists Do?



Paula Hall

Resource Guide

Sex & Porn Addiction Treatment around the UK

Paula Hall & Associates

www.paulahall.co.uk

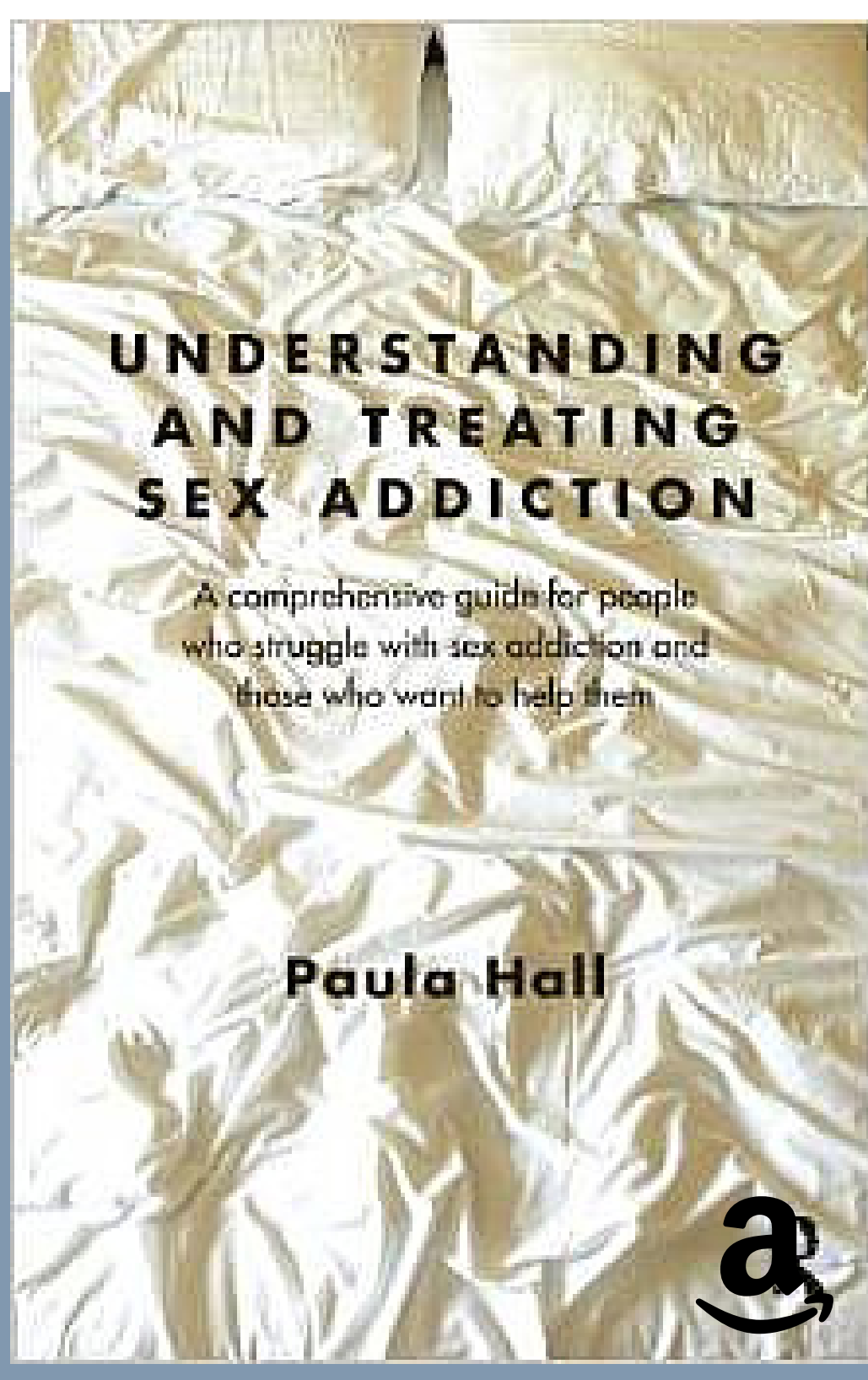
email: info@paulahall.co.uk

Paula Hall & Associates provide individual face to face and Skype therapy for people struggling with sex and pornography addiction and their partners. We can also provide couple counseling and group treatment programs for those who want a fast track into recovery.

(Click the image below to watch the video)



Understanding and Treating Sex Addiction



Understanding and Treating Sex Addiction: A comprehensive guide for people who struggle with sex addiction and those who want to help them

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Sex & Porn Addiction Help

www.sexaddictionhelp.co.uk

The home of the UK's FREE self help recovery resource for people struggling with sex or pornography addiction

Kick Start Recovery Programme

The Kick Start Recovery Programme has been created to offer the many thousands of people who struggle with sex and pornography addiction with a reliable and tested self help solution.

A self assessment tool to identify if your behaviour is an addiction

A questionnaire to learn about the cause of your problem

Resources for identifying your triggers and the reasons why you keep acting out

Exercises to challenge your thinking and motivate you to change

Tips and Techniques for stopping and staying stopped

Kick Start Recovery survey
CLICK HERE

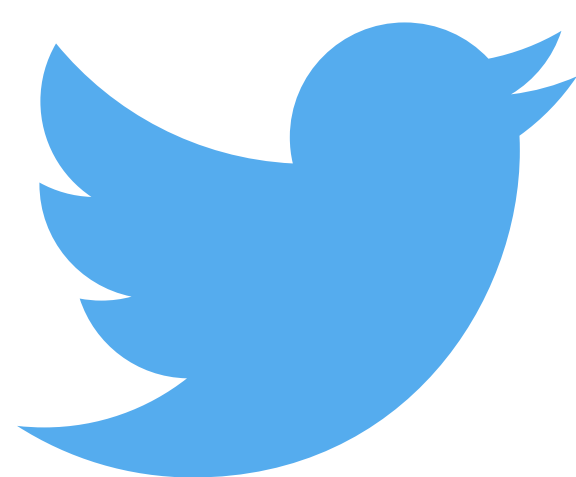
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