

Sex Addiction & Couples

- Paula Hall



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RESOURCE GUIDE

About Paula Hall

The impact of sex and porn addiction on a couple's relationship has all the devastation of an infidelity plus the pain of living with someone in recovery from addiction.

Recovery from the betrayal of addiction is very different from recovering from an affair and therapists need additional skills and understanding to work with this client group.

This one hour interview will focus on the key challenges for couples in recovery and provide therapists with additional knowledge to support them.



Paula Hall

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Event Events

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Resources



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Resources

[Free Self Help Resource - Sex & Porn Addiction Help](#)

FREE self help recovery resource for people struggling with sex or pornography addiction

[Books recommended by Paula](#)

Articles

[What's Wrong With Porn? by Paula Hall, The Psychotherapist, Issue 60, Summer 2015](#)

[Sex addiction – an extraordinarily contentious problem by Paula Hall, Sexual & Relationship Therapy, December 2013](#)

Click the links above to access the resources



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Training

Paula Hall delivers training in sex addiction around the UK and Europe and is Course Director for ATSAC's Professional Certificate in Sex Addiction (PCSA).

She has delivered one and two day training events to therapists for BACP, COSRT and Relate as well as providing training independently to general counselors, addiction professionals, GP's and health professionals. Tailor made training programs are also available. Please email info@paulahall.co.uk for further information.

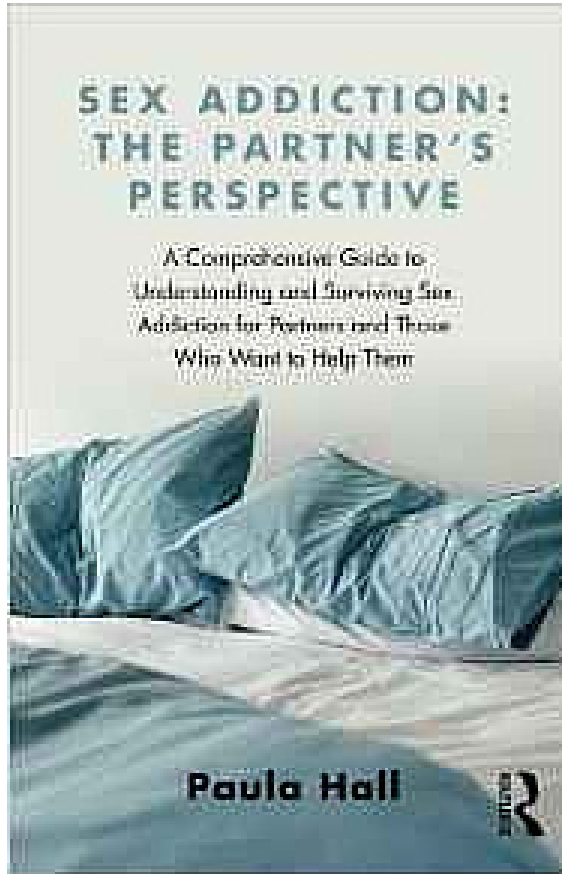


Recommend Reading

Sex Addiction: The Partner's Perspective

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 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.



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