

## Out Treatment Philosophy

At Lee Psychological Services, we believe that sex addiction must be addressed within the context of the individual's total spiritual, emotional, psychological and physiological well being. The clinical picture is often complicated by mood or anxiety disorders, trauma, grief and loss, substance dependence, or eating disorders.

Our Sex Addiction Recovery Program creates treatment plans addressing all the relevant needs and personal goals. We specialize in treating men struggling with:

- Online affairs, infidelity
- Cybersex, pornography
- Compulsive masturbation
- Substance abuse fueled by sexual behavior
- Prostitution and sensual massage
- Exhibitionism and voyeurism
- Viewing pornography
- Inability to form relationships
- Anonymous and public sex
- Prior sexual trauma

### Lee Psychological Services

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## Sex Addiction Recovery Program (S.A.R.P.)

### **Recovery Resources**

*Many sources of help are available to provide information, support, and assistance for sex addicts trying to regain control of their lives. These include inpatient and outpatient treatment, and aftercare groups. Several self-help groups provide 12 step support systems.*

*Sex Addicts Anonymous  
[www.saa-recovery.org](http://www.saa-recovery.org)*

*Sexual Compulsives Anonymous  
[www.sca-recovery.org](http://www.sca-recovery.org)*

*Sex and Love Addicts Anonymous  
[www.slaafws.org](http://www.slaafws.org)*

*Sexaholics Anonymous  
[www.sa.org](http://www.sa.org)*

## What Is Sex Addiction?

People addicted to sex get a sense of euphoria from it that seems to go beyond that reported by most people. The sexual experience is not about intimacy. Addicts use sexual activity to seek pleasure, avoid unpleasant feelings or respond to outside stressors. This is similar to how an alcoholic uses alcohol. In both instances, any reward gained from the experience soon gives way to guilt, shame, remorse and promises to change.

## Similarities To Other Addictions

With sex addiction, a parallel situation exists. Sex – like food or drugs in other addictions – provides the “high” and addicts become dependent on this sexual high to feel normal. They substitute unhealthy relationships for healthy ones. They opt for temporary pleasure rather than the deeper qualities of “normal” intimate relationships.

## The Downward Spiral

Sex addiction follows the same progressive nature of other addictions. Sex addicts struggle to control their behaviors, and experience despair over their constant failure to do so. Their loss of self-esteem grows, fueling the need to escape even further into their addictive behaviors. A sense of powerlessness pervades the lives of addicts.

## Symptoms Of Sex Addiction

- Frequently engaging in more sex and with more partners than intended.
- Being preoccupied with or persistently craving sex; wanting to cut down and unsuccessfully attempting to limit sexual activity.
- Thinking of sex to the detriment of other activities or continually engaging in excessive sexual practices despite a desire to stop.
- Spending considerable time in activities related to sex, such as cruising for partners or spending hours online visiting pornographic web sites.
- Neglecting obligations such as work, school or family in pursuit of sex.
- Continually engaging in the sexual behavior despite negative consequences, such as broken relationships or potential health risks.
- Escalating scope or frequency of sexual activity to achieve the desired effect, such as more frequent visits to prostitutes or more sex partners.
- Feeling irritable when unable to engage in the desired behavior.



## 10 Treatment Objectives:

1. Provide confidential environment for recovery
2. Understand and break through denial then reduce shame
3. Understand addiction as an illness
4. Identify ungrieved losses and explore root cause of addiction: trauma
5. Develop a sobriety plan
6. Limit the damage from patient behavior
7. Work through coupleship and family issues
8. Understand disclosure and arousal template
9. Introduce healthy sexuality
10. Prevent relapse

*“Sex addicts have shown an ability to transform a life of self destruction into a life of self-care, and peace.”*

Patrick J. Carnes, Ph.D.  
Author, “Out of the Shadows”