

# FACING HEARTBREAK

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Steps to Recovery for Partners of Sex Addicts



# Facing Heartbreak Recovery Partners Addicts

**S Ben Porath**



## **Facing Heartbreak Recovery Partners Addicts:**

Behavioral Addictions Kenneth Paul Rosenberg MD, Laura Curtiss Feder PsyD, 2014-02-17 DSM V broke new ground in May of 2013 designating a new disorder called behavioral addiction. Clinicians immediately wanted to know how is a behavioral addiction different from an impulse control disorder? What are the criteria for determining that some behaviors are addictions rather than impulses? What if anything does this mean in terms of effective treatment? Behavioral Addictions is the first and most authoritative text ever written on the subject of behavioral addictions. This comprehensive work explains the criteria used to determine addiction, the evidence for identifying assorted behaviors as addictions, and the evidence based treatment for each. With contributions from preeminent experts covering an exhaustive list of behavioral addictions, this book is unique in its coverage of behavioral addictions, their criteria, and treatment. It is a valuable and timely resource for any clinician treating addictions. A guide to understanding the new DSM V designation of behavioral addiction. Defines the criteria for behavior to be considered an addiction designation. Discusses the evidence for behaviors meeting addiction criteria. Identifies what is now likely will be and is not a behavioral addiction per evidence. Discusses behaviors formerly considered impulse control disorders. Presents evidence based treatment for each behavioral addiction.

**Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts** Mari A. Lee, LMFT, CSAT-S, 2018-05-17 Healing Betrayal: First Steps for Partners and Spouses of Sex and Pornography Addicts is written by psychotherapist author and speaker Mari A. Lee, LMFT, CSAT-S. Mari is the founder of Growth Counseling Services, a counseling and recovery center in Southern California specializing in working with sex and porn addicts and partner and spouse betrayal trauma. With over 10 years of clinical experience, Mari has written Healing Betrayal for the partner or spouse who has just learned that their significant other may be dealing with sex and/or porn addiction. Having had her own personal journey as a former partner, Mari knows first hand how heartbreaking and emotionally draining it is to be in relationship with a person who is sexually deceptive. Healing Betrayal will support the partner and spouse as a first steps guide and road map to help them navigate the difficult journey of despair that so many betrayed and hurting spouses face.

**Clinical Management of Sex Addiction** Patrick J. Carnes, Kenneth M. Adams, 2019-11-28 Clinical Management of Sex Addiction's newest edition updates many of the original chapters from 28 leaders in the field with new findings and treatment methods in the field of sex addiction. With a growing awareness of sex addiction as a problem plus the advent of cybersex compulsion, professional clinicians are being confronted with sexual compulsion with little clinical or academic preparation. This is the first book distilling the experience of the leaders in this emerging field. It additionally provides new chapters on emerging areas of interest including partner counseling, trauma, and sexual addiction and adolescent sex addiction. With a focus on special populations, the book creates a current and coherent reference for the therapist who faces quickly escalating new constellations of addictive sexual behavior. Readable, concise, and filled with useful interventions, it is a key text for professionals new to the field and a classic reference.

for all clinicians who treat sex addiction      *Forgotten Victims of Sex Abusers* William F. Kraft, 2020-03-11 This book honors the courageous sex victims who exposed their abusers The spotlight and rightly so has been on them and their predators William Kraft contends however that little attention and help has been given to those who unknowingly knew a sex offender people such as spouses family friends and parishioners the unintended victims Kraft gives these forgotten and silent victims a voice He recognizes listens and responds to people who trusted often admired and perhaps loved a sex offender the shocked woman whose husband is found guilty of sexual assault the stunned parents and disillusioned parishioners of a pedophile priest the lost man of an unfaithful wife and the depressed parent of a promiscuous child Kraft wants us to cease forgetting these victims and offer them help His proposal is that sex abusers cause severe and lasting harm because their defilement is not only physical but also emotional social and most importantly spiritual because abusers violate bonds such as trust fidelity and love Thus Kraft offers concrete psychological and spiritual ways to achieve effective management and healing      *Always Turned On* Robert Weiss, Jennifer Schneider, 2015-01-04 Technology has significantly changed our world Sexual imagery and encounters can now be accessed anywhere anytime using portable electronic devices Users can generate a stream of graphic pornography a wide variety of virtual sexual activities and casual anonymous or paid for sexual encounters with a click or a tap We now have greater access to highly stimulating sexual content and potential sexual partners with much less built in accountability Porn addicts are especially vulnerable to the lure of digital technology and the seemingly endless array of stimulation it provides Research suggests that cyber porn addicts spend at least eleven or twelve hours per week online viewing porn Today all forms of sex addiction are technology driven from porn websites to webcams to casual sex hook up apps via smartphones Sex addicts organize their lives around the pursuit of sexual activity with self or others spending inordinate amounts of time viewing and masturbating to porn or planning pursuing and engaging in sex acts At the same time they neglect important relationships work and personal responsibilities Overwhelming feelings of guilt shame and remorse invade when the acting out ends While it s complicated recovery is possible *Always Turned On* shows readers how to turn those temptations off while providing practical long term solutions for recovery      *Shadows of the Cross* Craig Cashwell, Pennie Johnson, Patrick Carnes, 2015-02-25 This book is a Christian companion to *Facing the Shadow* It provides an early spiritual focus to recovery for those who are beginning to use the Patrick Carnes 30 task model of recovery from sex addiction Addresses issues of sexuality in a non shaming way using Biblical scripture to encourage long term recovery *Shadows of the Cross* Includes interactive exercises and tasks that complement *Facing the Shadow* Applies world renowned Dr Patrick Carnes research based thirty task model with a Christian twist Has a Christian approach that tackles the shame that often accompanies sex addiction Provides readers with suggested Biblical verses to assist in their long term recovery Provides a much needed spiritual focus to early recovery      *A Time to Mourn and a Time to Dance* Jennifer Ohman-Rodriguez, 2022-01-25 Tony Rodriguez was a compassionate and well respected trauma therapist who devoted his life

to helping survivors thrive until his life was cut short in a tragic accident Traumatized by the sudden loss of her husband and overwhelmed by the impact of his untimely death on their two sons Jennifer Ohman Rodriguez was determined to blaze a path toward healing From the excruciating days immediately following his death to navigating the bewildering labyrinth of young widowhood to forging a new life for herself and her sons *A Time to Mourn A Time to Dance* chronicles her story with unabashed honesty and deep vulnerability blended with authentic faith and teeth clenching determination to do the hard work of healing From the depths of despair back into the joy of living retraced by the one who blazed her own path out of trauma s grasp this book is infused with the Jennifer s heartfelt prayers real life applications of somatic and spiritual healing practices and the kind of profound and practical wisdom that only reveals itself in life s moments of truth Routledge International Handbook of Sexual Addiction Thaddeus Birchard,Joanna Benfield,2017-09-11 The concept of sexual addiction has gained increasing recognition in the academic and healthcare communities since the 1990s It has also captured the attention of the media where there has been much debate over whether it can truly be described as an addiction What is certain is that many people struggle with out of control sexual behaviour which takes over their lives and has harmful consequences for their relationships careers and finances The Routledge International Handbook of Sexual Addiction brings together a comprehensive range of perspectives on sexual addiction from a worldwide selection of scholars and therapists It sets out to define sexual addiction and to study its causes from a range of different psychological perspectives A series of presentations of sexual addiction are outlined including internet sexual addiction and the relationship between paraphilias and sex addiction The handbook considers both individual and group treatment strategies drawing on a wide range of approaches including cognitive behavioural therapy mindfulness and 12 step programmes The book studies sex addiction in specific populations including women adolescents and men who have sex with men Finally it considers some of the alternative discourses surrounding the concept of sexual addiction This is the first comprehensive reference book to bring together global viewpoints on advances in research theory and practice in one volume This handbook provides an essential guide for academics and students of psychotherapy counselling nursing addiction sexualities social work and health and social care as well as professionals in practice and in training working with sexual addiction and related issues *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography* Peter C. Kleponis,2014-08-01 WHY WRITE A BOOK ON PORNOGRAPHY ADDICTION FOR CATHOLICS The answer is simple There s a great need for one Pornography is no longer just a men s issue Dr Peter Kleponis presents an alarming in depth look at the pornography epidemic that is ruining lives marriages families and careers and hindering life giving relationships with God Read the stories of real people men women clergy seminarians and teens who ve suffered from frequent or habitual pornography use and went on to find healing Freedom is possible Integrity can be restored *Mending a Shattered Heart* Stefanie Ph.D. Carnes,2014-08-12 When your partner betrays what are the first steps to picking up the pieces of your shattered heart Many unsuspecting people wake up

every day to discover their loved one the one person whom they are supposed to trust completely has been living a life of lies and deceit because they suffer from a disease sex addiction This is a disease shrouded in secrecy and shame This is your go to guide for what to do when you discover your partner is a sex addict Each chapter is based on frequently asked questions by partners such as Should I Stay or Should I Go Is This Going to Get Better How Do I Set Boundaries and Keep Myself Safe and What Should I Tell the Kids      **Facing Heartbreak** Stefanie Carnes, Mari A. Lee, Anthony D. Rodriguez, 2012-10-16 The first workbook to help partners of sex addicts cope with discovering their loved one has compulsive sexual behaviors      **A Partner's Guide To Truth & Healing** John A. Sternfels LPC NCC CCPS CSAT CMAT C-SASI, 2021-12-27 A Partner's Guide to Truth and Healing A Healing Journey for Betrayed Partners John Sternfels LPC NCC CCPS CSAT CMAT C SASI When infidelity occurs betrayed partners enter into a state of emotional distress In a flash their world is suddenly turned upside down With no help in sight no one to turn to and no one to help they find themselves alone shocked angry and scared Their world becomes filled with hypervigilance avoidance behaviors flashbacks sleep disturbances mood and health problems rumination thoughts etc Contained within the pages of this book John Sternfels provides a pathway to truth and healing Partners will gain a clearer understanding of what has happened and what is needed to heal Regardless of where you are in the journey betrayal is a season in a partner's life but must not become a destination or a permanent identity

**Behavioural Addiction in Women** Fulvia Prever, Gretchen Blycker, Laura Brandt, 2023-06-28 Behavioural Addiction in Women gives insight into ongoing research efforts and clinical developments across the globe focusing specifically on women with behavioural addictions The book brings together an international network of clinicians and researchers to offer a unique transcultural female perspective on female specific aspects of addiction which is underrepresented in the available literature By compiling both research and clinical spotlights focusing on women with behavioural addictions across the six continents the book is an important first step towards building a shared knowledge base on the subject starting from the importance of female specific diagnostic criteria to new therapeutic strategies prevention programs and harm reduction approaches This book will help us gain a better understanding of ongoing work and where to allocate our attention and efforts for helping a vulnerable and in many areas of the world still underserved and economically disadvantaged population The book will be of great interest to researchers and clinicians in the field of addiction      *Sex Addiction as Affect Dysregulation: A Neurobiologically Informed Holistic Treatment* Alexandra Katehakis, 2016-09-20 Examining the neurobiological underpinnings of sex addiction Neuroaffective science studying the integrated development of the body brain and mind has revealed mechanisms linking psychological and biological factors of mental disorders including addiction Indeed its paradigm shifting theoretical umbrella demonstrated that substance and behavioral dependencies share identical neurobiological workings and thus that problematic repetitive behaviors are genuine addictions a state increasingly understood as a chronic brain disorder Clinical experience strongly suggests that sex addiction SA treatment informed by affective neuroscience the

specialty of Alexandra Katehakis proves profoundly transformative Katehakis's relational protocol presented here blends neurobiology with psychology to accomplish full recovery Her Psychobiological Approach to Sex Addiction Treatment PASAT joins therapist and patient through a relationally based psychotherapy a holistic dyadic dance that calls on the body brain and mind of both Written with clarity and compassion this book integrates cutting edge research case studies verbatim session records and patient writings and art Katehakis explicates neurophysiological psychological and cultural forces priming and maintaining SA then details how her innovative treatment restores patients interpersonal sexual and spiritual relationality

**Sexual Addiction: Understanding and Treatment** Paul Becker MAEd LPC, 2015-02-23 The book Sexual Addiction Understanding and Treatment introduces graduate level students to the field of sexual addiction Graduate schools seek a textbook that specifically addresses the dynamics of sex addiction to complete their counseling education curriculum Some professors have indicated that there is a dearth of targeted instructional content This book fills that need As a compendium of Dr Carnes research related to the treatment of sexually addicted men and women the book will serve as clinical manual for therapists Therapists are invited to use the recovery program presented as an effective treatment regimen for sex addicts Internet pornography addicts men and women who have a weakness for sexual stimulation One estimate is that as much as half of the male population and a third of the female population are addicted to pornography The need for a relevant clinical tool is real As such the book contains thirty six therapeutic exercises to help sexually addicted men and women in conjunction with sex addiction therapy to achieve long term sexual sobriety

**Courageous Love** Dr. Stefanie Carnes, 2020-05-26 There is nothing that can rupture the loving connection between a couple like betrayal In Courageous Love Dr Stefanie Carnes provides a step by step guide for repairing your relationship whether it is damaged by infidelity pornography or compulsive and addictive sexual behavior Dr Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their relationship She outlines a detailed process to getting your relationship back on track and into a new stage of development This book is a must read for couples struggling with the aftermath of betrayal

*Cleansed* Marcel LeJeune, 2019-03-25 Those caught in the grip of porn may withdraw in shame and despair thinking there is no hope Author Marcel LeJeune shows readers that the road to freedom from pornography cannot and should not be traveled alone LeJeune offers scientific evidence of the addictive and destructive power of pornography and provides resources and suggestions for keeping your home and family safe

*Clinical Case Formulations* Barbara Lichner Ingram, 2011-12-13 Praise for Clinical Case Formulations Matching the Integrative Treatment Plan to the Client Second Edition Barbara Ingram has put a career into the development of this book and it is wonderful My students love that it was written with them in mind and they love the statements designed to reduce anxiety and normalize the learning process This is an excellent book Amy M Rees Turyn PhD Associate Professor of Counseling Psychology Lewis Clark College A step by step model for individualized case conceptualization Fully revised and updated the second edition of Clinical Case

Formulations provides step by step tools and insightful guidance for moving from first contact with a client to the development of an effective personalized treatment plan Addressing the essential question every therapist faces How do I create a treatment plan that is the best match for my client this unique resource provides a systematic and thoughtful method for integrating ideas skills and techniques from different theoretical approaches It combines empirical research and clinical experience to create a case formulation that is tailor made for the client This comprehensive resource offers two tools to guide case formulations a problem oriented framework with a list of 28 standards for evaluating its application and a set of 30 core clinical hypotheses derived from the knowledge bases of psychology psychiatry counseling and social work professions The new edition includes Hypotheses on Emotional Focus Trauma and Metacognitive Perspective More detailed attention given to empirically supported therapies such as Dialectical Behavior Therapy DBT and Acceptance and Commitment Therapy ACT Discussion on the importance of bringing cultural competence to case formulation tasks with every client Skill building activities throughout the text Offering a thorough framework to help clients experience effective clinical service practitioners will learn to conceptualize clients needs in ways that lead to strong and individualized treatment plans as well as advice and guidance on what to do when selected interventions fail to produce the expected benefits

Attachment in Adulthood Mario Mikulincer, Phillip R. Shaver, 2016-04-22 Synthesizing a vast body of empirical research and organizing it around a comprehensive conceptual model this book is recognized as the definitive reference on adult attachment The authors explain how what began as a theory of child development is now used to conceptualize and study nearly all aspects of social functioning across the lifespan including mental representations of self and others emotion regulation personal goals and strivings couple relationships caregiving sexuality psychopathology psychotherapy and organizational behavior The origins and measurement of individual differences in adult attachment are examined as is the question of whether and how attachment patterns can change New to This Edition Reflects major advances including hundreds of new studies Clarifies and extends the authors influential model of attachment system functioning Cutting edge content on genetics and on the neural and hormonal substrates of attachment Increased attention to the interplay among attachment and other behavioral systems such as caregiving and sexuality Expanded discussion of attachment processes in counseling and psychotherapy Additional coverage of leadership group dynamics and religion **Attachment in Adulthood, Second Edition** Mario Mikulincer, Phillip R. Shaver, 2017-10-13 This volume shows how attachment theory which initially focused on child development is now being used to elucidate social functioning across the lifespan



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