



Erotic **Intelligence**

Igniting Hot, Healthy Sex

While in Recovery from Sex Addiction

Alexandra Katehakis, MFT

Erotic Intelligence Igniting Hot Healthy Sex While In Recovery From Sex Addiction

Paula Hall



Erotic Intelligence Igniting Hot Healthy Sex While In Recovery From Sex Addiction:

Erotic Intelligence Alexandra Katehakis, 2010-05-03 ENJOYABLE EXCITING SEX IS POSSIBLE AFTER SEX ADDICTION In the journey to sexual sobriety many sex addicts find themselves wondering How am I going to have a normal relationship or Will it be possible to repair my marriage now that I've confessed my destructive behavior and Will I ever have great sex again As a sex marriage and family therapist Alexandra Katehakis introduces a successful program for sufferers and their loved ones that will help them hone their erotic intelligence by making sense of the past creating healthy habits in the present and looking toward a more intimate relationship that nurtures honesty and closeness With Katehakis's help sex addicts can get in touch with their healthy sexual side and embrace true intimacy and acceptance in themselves and in their mates Features true stories of people coming to terms with their sexuality on the other side of sex addiction as well as couples finding a new path to sexual trust and fulfillment Helps to build the four cornerstones of intimacy that are essential for healthy relationships Getting Real about Sex Addiction

Graeme Daniels, Joseph P. Farley, 2022-02-15 As the controversial field of sex addiction treatment reaches for legitimacy across the disciplines of medicine psychiatry and psychotherapy Getting Real about Sex Addiction A Psychodynamic Approach to Treatment applies psychoanalytic framework to concepts of addiction and sex as well as related concepts of personality and attachment development Authors Graeme Daniels and Joe Farley explore the intersection of sex and culture and address social undercurrents relating to gender such as objectification and sexual aggression and how those influence conceptualization goals and procedures in treatment Through a number of case illustrations and vignettes this text demonstrates psychodynamic method across treatment contexts in formats of individual couples and group therapy The result is a work that critiques theoretical intervention and gender biases that have infiltrated this important yet embattled field and provides a fresh alternative approach from a source with the oldest pedigree in modern psychology **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 **Sex Addiction: The Partner's Perspective** Paula Hall, 2015-08-20 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 This book has been written to help partners not only survive but to grow stronger and move on with their lives whether alone or in their relationship Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners This book will be a valuable guide for partners but also for the therapists who seek to support them on their journey of recovery *Sex Addiction* Paula Hall, 2019-02-04 Sex Addiction A Guide for Couples and Those Who Help Them is a practical book that provides empathic support guidance information and pragmatic strategies for couples who want to survive sex and porn addiction whether that's together or apart Sex and porn addiction devastates couple relationships and unlike the impact of infidelity there is no before to get back to and no after This book adopts the metaphor of a boat presenting addiction as the tidal wave that devastates the relationship leaving both crew members fighting for survival There's guidance to ensure each partner makes it safely back to shore and advice on surveying the damage to your relationship and deciding if you want to save it and set sail again You'll find practical advice for both the partner and the addicted partner including first hand accounts of couples that have already undertaken the journey

Understanding and Treating Sex Addiction Paula Hall, 2013 Sex addiction is on the increase in the media as well as in the therapy room But while more and more people seek help for their compulsive sexual behaviours there is still confusion and debate about whether the condition even exists Understanding and Treating Sex Addiction explains why an increasing number of people are inadvertently finding their lives devastated by their sexual behaviours It explores the latest scientific understandings and research into why pornography cyber sex visiting sex workers fetishes and multiple affairs can come to

control some people's lives to the point that they can't stop. It explains how sex addiction is not a moral issue as some assume but a health issue that we as a society need to start taking seriously. Throughout the book are the revealing statistics from the UK's latest survey on sex addiction. Three hundred and fifty people who struggle with this condition have bravely and candidly shared their experience for the benefit of their fellow sufferers and those who choose to help them. This book contains support and advice for both the clinician and for those who suffer from sex addiction. As well as practical guidance and techniques for stopping compulsive behaviours and preventing relapse, there is also a thorough exploration of the deeper underlying causes and how these must be addressed.

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.

The Art of Sex Therapy Supervision James C. Wadley, Richard Siegel, 2018-08-06. Winner of the 2019 AASECT Professional Book Award. The Art of Sex Therapy Supervision is a collection of scholarly writings and case narratives that sheds light on issues that sex therapists face as supervisors or supervisees and provides techniques that can be adapted to fit clients' specific needs. Written by experts in a range of fields, this book covers a wide range of perspectives and methodologies for assisting diverse populations including conservative Christians, LGBTQ clients, and those who exhibit out of control sexual behavior. It addresses individual, relational, and systemic engagement in the context of sexual function, dysfunction, and it also discusses obstructions clinicians can face when providing critical feedback to clients. This book will be useful for aspiring supervisors as well as those who supervise clinicians seeking licensure or certification.

When Art Therapy Meets Sex Therapy Einat S. Metz, 2016-08-25. Appropriate for both sex therapists and art therapists. When Art Therapy Meets Sex Therapy explores sexuality and gender through the use of art, making connecting relevant theories and research from both fields. It begins with a historical review of how explorations of anatomy, physiology, and sexual identity manifested in art making in different cultures and discusses why a clinician must take these spiritual, medical, and socioeconomic factors into account to offer effective and culturally competent therapy. The second part of the book discusses clinically effective treatments in art and sex therapy and contains numerous case illustrations. Included are interventions for important issues in therapy such as exploring gender identity, sexual health, and shame processing, sexual abuse, couples

intimacy parenting concerns regarding their children s sexuality and treating sex addiction Thirty Days to Hope & Freedom from Sexual Addiction Milton S. Magness,2010-12 A concise thirty day guide to healing from sexual addiction

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 Integrative Sexual Health Barbara Bartlik,Geovanni Espinosa,Janet Mindes,2018-03-14 Integrative Sexual Health explores beyond the standard topics in men s and women s health drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction diverse lifespan lifestyle and environmental impacts on sexual function integrative medicine solutions to sexual problems and traditional eastern and western treatment approaches to healing sexual difficulties This comprehensive guide written by experts in the field provides clinical vignettes detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits and extensive further reading resources Integrative treatment modalities not typically consulted in mainstream medicine such as traditional Chinese medicine Ayurvedic medicine aromatherapy and botanical medicine are presented with the best evidence in a clinically relevant manner Part of the Weil Integrative Medicine Library this volume is a must read for the specialist and non specialist alike who wish to address sexual problems using an integrative medicine approach and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality Integrative medicine is defined as healing oriented medicine that takes account of the whole person body mind and spirit as well as all aspects of lifestyle it emphasizes the therapeutic relationship and makes use of appropriate therapies both conventional and alternative Series editor Andrew Weil MD is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona Dr Weil s program was the first such academic program in the U S and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically 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 **The Recovery Cycle** Joi Andreoli,2022-09-28 This book introduces the Recovery Cycle the only relatable model for positive change in sobriety and a simple roadmap for sober living The author a clinician in recovery herself demonstrates how to talk to clients or anyone with an interest in sobriety in a pragmatic like minded way The easy conversational style encourages cultivation of solid sober relationships and spiritual connections all with an achievable open minded approach Concrete methods honor the thinking and feeling parts of the recovering individual thereby promoting personal empowerment and choice rather than generic prescriptive advice The book speaks to all addiction disorders and discusses what every addicted person must go through to love their sober life no matter what program they choose no matter what addiction Readers will find the journey toward emotional sobriety and spiritual recovery discussed in a simple straightforward way with depth and compassion For clinicians who want to guide clients in recovery or for any motivated individual in recovery desiring to transform their life from one of pain and struggle to a beautiful work of heart this book will be a welcome spark of inspiration and support without the snore factor of a dry textbook **Silently Seduced** Kenneth M. Adams,2011-09-01 When a parent singles out a child for special privileges and attention that child is often unaware that the relationship is unhealthy even incestuous As adults these children struggle to feel validated because while they have not been directly abused they feel a sense of violation and crossed boundaries usually done in the name of love and caring The parent s love feels more confining than freeing more demanding than giving more intrusive than nurturing Yet these children suffer from what psychologist Kenneth Adams calls The Silent Seduction because there is nothing loving or caring about a close parent child relationship that services the needs of the parent rather than the child In this revised and updated 20th anniversary edition of his groundbreaking book Silently Seduced Dr Adams explains how feeling close especially with the opposite sex parent is not the source of comfort the image suggests especially when that child is cheated out of a childhood by being a parent s surrogate partner He offers a framework to understand this covert incest and its effect on sexuality intimacy and relationships and how victims can begin the process of recovery **Mirror of Intimacy** Alexandra Katehakis,Tom Bliss,2016-05-18 Winner of the 2015 Book Award from AASECT Association of American Sexuality Educators Counselors and Therapists and the 2016 Clark Vincent Award from CAMFT California Association of Marriage and Family Therapists Mirror of Intimacy contains a year s worth of daily essays that explore and support the range of human sexualities as a divine gift and a human right The reflections reference a rich array of approaches attachment theory mind body nexus neurobiology 12 step principles meditation techniques Eastern and Western philosophy and ancient world myths Unfettered by cultural social or religious norms the authors examine 366 topics related to sex and sexuality that

together might point us in the direction of what comprises healthy great sex *Love Addict* Ethlie Ann Vare,2011-09 Neuroscience now shows us in living color thanks to PET scans and fMRI technology that falling in love affects our brains precisely the same way as snorting cocaine Award winning author and screenwriter Ethlie Ann Vare already knew that she s been addicted to both She survived to tell the tale with humor honesty and hope Just because something is addictive doesn t mean that you will get addicted to it But if your stomach ties up in knots while you count the seconds waiting for a phone call from that special someone if you hear a loud buzzing in your ears when you see a certain person s car or one just like it if your eyes burn when you hear a random love song or see a couple holding hands if you suffer the twin agonies of craving for and withdrawing from a series of unrequited crushes or toxic relationships if you always feel like you re clutching at someone s ankle and dragged across the floor as they try to leave the room welcome to the club With a light touch and a sharp wit Ethlie has enlisted some famous love junkies including supermodel Amber Smith movie star William McNamara and comedienne Margaret Cho and the top therapists and researchers in the field to help lead you from the dark of despair into the dawn of recovery **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 **Ready to Heal E-Book** Kelly McDaniel,2012-08-05 It s no surprise that our culture is addicted to love The sappy love songs the enticing ads for romantic getaways and the desire to be cherished by a special someone will never lose their appeal But for some women this poses a significant problem Because of their insatiable desire for love they will do anything to find it and ultimately land in destructive addictive relationships over and over again causing incredible harm This newly revised and expanded edition of Ready to Heal provides an opportunity for women to break free from painful addictive relationships Kelly McDaniel provides the reader with the tools they will need to move along the path to living a life where intimacy is possible Readers have an opportunity to begin to connect the dots in their own relationship patterns by following

the stories of four brave women A newly added chapter on Mother Hunger explores the role of the mother in infancy and how she ultimately impacts a daughter s ability to have healthy intimate relationships later in life Break free from the chains of addictive relationships that sabotage happiness and self respect **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

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